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Scenes from 2023 Grass & Grain Farm and Ranch Show



The National Guard Armory in Manhattan was filled with businesses catering to farmers, ranchers and rural families November 7 and 8. Former *Grass & Grain* columnist Gordon Morrison, pictured above left with his wife Janet, spent some time in the columnists booth, as did current columnists Glenn Brunkow, Kirk Sours, Ron Wilson, and LouAnn Thomas. The Call Hall ice cream was a popular feature of the show. The \$250 per day in Show Bucks were won by Cindy Leffler of Americus and Greg Sinn, Manhattan. *Photos by Briana McKay and Donna Sullivan*



USDA Farm to School Plate grant improves access to local flour in Kansas Child Nutrition programs

By Cindy Falk, Nutrition Educator for Kansas Wheat

Kansas children are learning more about the wheat grown in their communities and loving eating more whole grain-rich foods, thanks to a federal grant that is enabling school districts and daycares across the state to purchase equipment and source locally produced flour.

According to the requirements for USDA's National School Lunch Program and School Breakfast Program, which sets guidelines for the nation's feeding programs for K-12 students, 80 percent of weekly grains offered at lunch and breakfast must be considered whole grain-rich. Whole grain-rich foods are defined as foods containing at least 50 percent whole grains and the remaining grains must be enriched. Under the Child and Adult Care Food Program, the USDA program that provides reimbursements for daycares and other qualifying programs, meals must include one whole grain item daily.

"The impact of Child Nutrition program operators to improve the quality of grain foods served, access to local food sources, agricultural education

and appealing whole grain recipe development is to be commended," said Cindy Falk, nutrition educator for Kansas Wheat. "It is a win-win for students' health and nutrition needs, local wheat farmers and communities."

In 2022, the Kansas Department of Education received a USDA Farm to School grant to support the planning, development and implementation of farm to school programs. The department's Child Nutrition and Wellness program — which works to help incorporate local foods in meals and snacks — divided the grant into sub-grants of \$100,000 to 12 Child Nutrition Program sponsors, which included school, childcare and summer meal programs. The funding facilitated equipment purchases so these programs could utilize locally milled, whole grain flour as well as new whole grain recipes and culinary training for food service staff on how to bake with whole grain flour.

"We partnered with the Kansas Wheat Commission to improve access to local foods, specifically local flour, in Kansas Child Nutrition Programs through comprehensive farm-to-school programming that includes local procurement and agricultural ed-



ucation efforts," said Barb Depew, RD, LD, Farm to Plate project director for the Kansas State Department of Education.

At a recent quarterly meeting of the Farm to Plate project, the grant recipients shared an update about the equipment they purchased and how they are incorporating whole grain foods into their programs.

"It was exciting to learn about the diversity of programs across the state and the children they are feeding," Falk said. "The primary goals include improving the quality of grain foods served, expanding freshly baked menu items and increasing access to

local foods."

Starting with a direct farm connection, students in Greeley County grew white wheat on the school campus for USD 200, which they harvested and cleaned with the help of a local elevator. Christina Marquardt, the district's nutrition services manager, reported the grain mill the district purchased is being used to grind those wheat kernels into whole wheat flour for breads, rolls, garlic bread and hamburger buns to feed 200 K-12 students — using 25 pounds of whole grain flour per week.

Other grant recipients purchased equipment for their school kitchens. Ac-

ording to Food Service Director Laura Fails, USD 320 in Wamego purchased two oven racks and a second 40-quart mixer bowl. The purchases allow for multiple menu items to be produced at the same time with less labor and more output. Overall, the staff serves between 1,100 and 1,300 students per day.

"We have been baking for years with Farmer Direct Foods stone-ground whole white wheat flour and the staff makes all their breads from scratch," Fails said. "A student favorite is their rich 100% whole wheat chocolate cake and students do not realize that it is a whole grain product."

Manhattan-Ogden USD 383 also used the grain to purchase locally produced flour and equipment. Stephanie Smith, child nutrition director, sourced Willie's Pride whole wheat flour and bread flour from the K-State Department of Grain Science and Industry's mill. They also used funds to purchase a dough divider and rounder, which is used for pizza crust, hamburger buns and rolls. Every morning they serve breakfast bread to about 1,200 children, followed by 3,800 lunches.

"We have already purchased 4,500 pounds of local flour this year," Smith shared. "We are

• Cont. on page 3



A Time For Giving

By Jackie Mundt, Pratt County farmer and rancher

"For everything there is a season, and a time to every purpose under heaven..." Some recognize this phrase from the book of Ecclesiastes in the Bible and others know it from the popular 1960s song by the Byrds.

November is a season of Thanksgiving. Practicing gratitude and taking stock of all the blessings we have to be grateful for is the quickest and easiest way to actually become happier.

Gratitude was engrained early in our household. My parents are volunteer firefighters; my mom is an EMT. I grew up watching them sacrifice time in their lives by leaving the dinner table, basketball games, in the middle of the night or even from church to go save lives. Mom never shared names, but she often told us to be thankful because she saw inside the homes of kids we knew who didn't have beds to sleep in or other things we took for granted.

When you start counting blessings, it's like gathering a shirt from your closet or pictures of loved ones; seeing things in one place makes me realize how abundant good things are in my life. For me that richness makes it incredibly obvious I have an ob-

ligation to be giving and share that abundance with others.

My church is currently in a season focused on giving and generosity in all areas of our lives. Giving and church in the same sentence probably leads you to expect a conversation about money and our pastor makes jokes each week about how disappointed we all will be to learn he's not going to talk about money. Generosity is so much bigger than making financial contributions; it is the attitude of giving without expecting anything in return. Hospitality, volunteering, teaching, caring and sacrificing are some of the actions that come from generosity.

Years ago as an FFA member, I stayed with host families while traveling throughout the state. Stepping into the homes and lives of families was eye-opening and humbling. I stayed in fancy houses and meager ones where my mother's words about people who had less echoed in my mind. Customs and norms were different in each home but they all invited me into their lives and gave what they could to make me feel comfortable.

My most vivid memories of these stays were the kitchen tables. We often talked far too late into the evening or shared

an early breakfast with the families filled with stories and learning about each other. People opened their homes and lives to make me feel welcome. I am still grateful for their kindness two decades later.

Most people will never have a host family experience because they are uncomfortable; instead of the hassle of inviting our neighbors over for dinner we meet at restaurants. Money is given instead of time because it is more convenient. There is nothing wrong with any of these things, but I worry that we are letting too many opportunities slip away where a greater connection and impact would come from us giving more of ourselves.

As you practice gratitude this month, look for opportunities to turn your thankfulness into giving that brings you closer to others. Instead of just thanking a veteran, learn about their experiences or find a way to show them a kindness. If you participate in Giving Tuesday, spread awareness by tell others why the charity is close to your heart. When you gather the family around the Thanksgiving table, find a way to give to something you all care about together.

This is a time to be grateful, and a time to give of yourself.

"Insight" is a weekly column published by Kansas Farm Bureau, the state's largest farm organization whose mission is to strengthen agriculture and the lives of Kansans through advocacy, education and service.



Well, the 2023 *Grass & Grain* Farm Show is in the books. From the comments we heard, I believe we can call it a success. We are so grateful to the exhibitors who took a chance on a brand-new show three years ago, and have stayed with us as it continues to grow. We've had many new exhibitors each year, as well, and we appreciate them very much. And then there are the people who took time off from the never-ending work that needs to be done on a farm or ranch to come to Manhattan and spend time visiting the booths and attending the workshops. We know how valuable your time is, and we are so thankful you chose to spend some of it with us. And I'm off-the-charts grateful to my "small but mighty" staff for all the extra effort they put in each year. They are truly the best.

On another note, in a quiet moment in our booth on Wednesday, I opened my phone for a minute and got some horrible news that about knocked me off my feet. A dear, dear friend and woman I consider a mentor passed away unexpectedly on Tuesday. Romelle VanSickle was the editor and publisher of the *Riley Countian* newspaper for 22 years prior to me buying it in 2005. I started writing feature stories for her about 30 years ago, and she also published my *Homefires* column. Once my kids were all in school, she hired me to work in the office on Tuesdays

designing ads and helping lay out the paper. She used to say she knew we were kindred spirits the first time I walked into the back of the office, saw the layout tables and exclaimed, "Oh, I just love layout!" That was back in the day when the stories were printed out on 8 1/2 x 11" sheets of paper, waxed on the back and cut into strips, which we would manually place on broadsheets and move around until everything fit. It takes a special kind of crazy to enjoy that, but we both did.

We both loved small town news, telling the stories and preserving the histories of the communities we served. We discovered daisies were both of our favorite flowers. The icing on the cake though, was when I walked into her house one day and saw we both had the same living room couch.

She had a beautiful smile, a zest for life and a deep, deep love for God and her family. She was wonderful, and I was so blessed to have her as a friend. She encouraged me in the path I'm on today, and I will always be grateful for everything she taught me over the years. She was the ultimate encourager and made everyone around her believe they could do anything if they put their mind to it and were willing to work hard. Truly, to know Romelle was to love her. She will be so missed by so many.

Rest easy, dear friend, until we meet again.

Efforts under way to extend current farm bill

Sen. John Boozman (R-Ark.), Ranking Member of the Senate Agriculture Committee, confirmed recently that he and Sen. Debbie Stabenow (D-Mich.), the committee chairwoman, were working to attach a year-long extension of the 2018 Farm Bill to a continuing resolution that will be needed on or before Nov. 17 to prevent the federal government from shutting down.

While newly elected Speaker of the House Mike Johnson (R-La.) indicated

in a letter to colleagues that December floor consideration of a Farm Bill is possible, the statement was more of an invitation if the issue is ripe for consideration and circumstances allow. Given the current focus of the House, that seems unlikely, and Rep. G.T. Thompson (R-Penn.), Chairman of the House Agriculture Committee, previously indicated support for a one-year extension of current law.

The current Farm Bill expired at the end of September, but its provisions have several different practical expiration dates based on crop year, fiscal year and calendar year. Each would be extended accordingly if the agriculture policy leaders are successful in their efforts to provide some certainty to farmers and ranchers heading into 2024.

With a one-year extension, the Agriculture Committee will have a little breathing room to complete a full reauthorization early next year.



I voted last week. I really feel like there should be more hoopla that goes with voting, definitely more than the little sticker they give you to wear on your shirt or coat the rest of the day. Voting is a privilege that we are blessed enough to have in this country and one that many of us take for granted. In fact, we take this privilege so much for granted that many of us do not exercise it, and that is something I just don't understand.

I remember when I turned 18 and voted for the first time. It seemed like such a passage to adulthood. Maybe it seemed that way because I had seen my parents vote. I don't think I remember an election they neglected to vote in. If it was election day, you made your way to the polls and cast your vote. It was instilled in me at an early age that you participated in our grand experiment and if you did not, you didn't have any reason to complain about the results.

To a certain degree I understand the disconnect. It is hard to listen to all of the partisan politics and not get frustrated by the inaction and quibbling. I would also say that this discord should spur more of us to get involved and vote. When only a few control things, this is what we get, and it is our fault for not getting involved and not making our voices heard. The easiest and simplest way to make your voice heard is to make the trip to the voting location and cast your vote.

Don't like the candidates, then step up. If you don't want to run, then find someone you can back and get involved in their campaign. The only way we can make change is to find good people and put them in charge. I know we are all busy but if we ignore the problem, it will not go away, it will get worse. Our democracy was set up in a way that we, the people, can make a change in who governs us, we just choose not to.

This year was an election that did not garner much coverage. For me all that was on the ballot was one school board position and a sales tax addition. That did not seem like much, but I am here to tell you that those two seemingly minor things will have as much impact on my day-to-day life as the much-publicized election next year. The more local the election the more it will affect your everyday life.

Sadly, the turnout for this election will be very bad. I don't know what it will be, but I would guess well below fifty percent and probably below thirty. Think about it, only thirty percent of the voters will determine who leads our school district. What is the first thing most people complain about? The schools and how much they pay in property tax. Don't get me wrong, I do believe most of our school board members are there for the right reasons and I appreciate the time they volunteer. Talk about a job that takes a lot of effort and gets very little thanks.

Why have we gotten so lax? I know we are beyond busy and voting, let alone becoming educated on the races, is just another task added to our already long lists. I get that, I am busy, too, and going to vote took time out of my day, but I made it a priority. I have heard the argument that we need to make it easier to vote and I do not necessarily agree. Yes, we have fewer polling places and that makes it tougher to get there. I would guess this is because of the poor turnout and if the polling places were overwhelmed, we might see more places open up. Even if that was not the case, most of us do not think of driving hours to see a concert or a ball game. Isn't voting on who will lead our government more important? Isn't having a say in taxes and what they are spent on more critical to our everyday life?

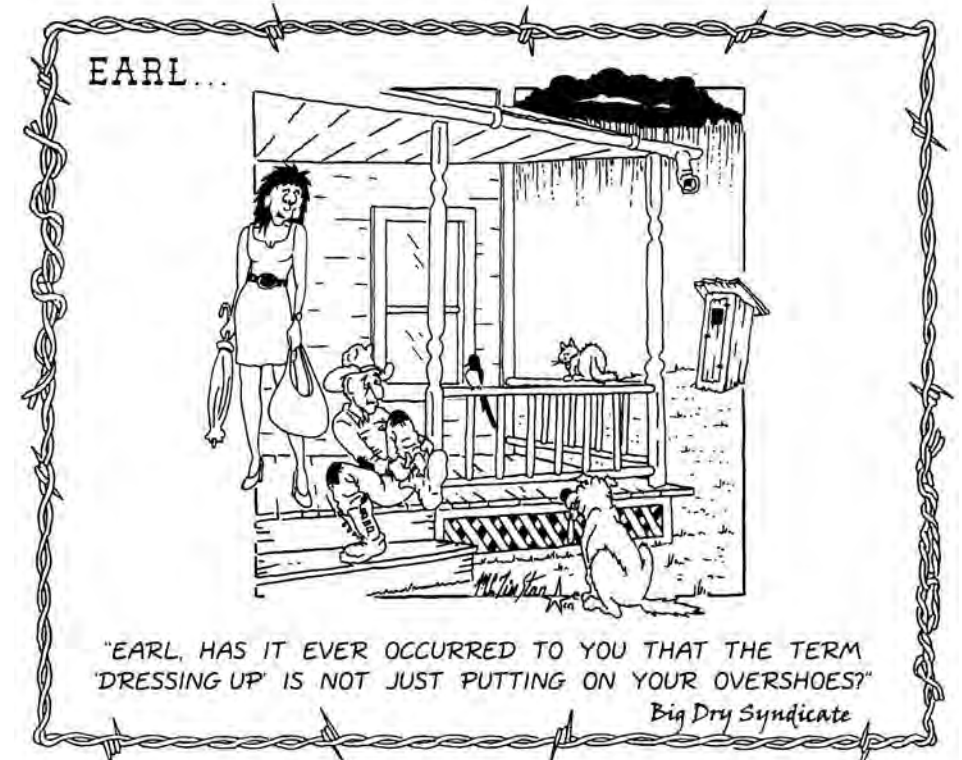
I don't know what the answer is and if you are just going to go vote and not make an informed decision then maybe we are better off without it. Voting is a personal choice and one that I take very seriously. I just wish, somehow, we could make more people realize the importance of each vote and convince them of the importance of getting involved in the process. It is a privilege that could be taken away if we do not use it.

I will wear my sticker proudly the rest of the day because I am very proud that I get to have a say and vote. I take note of the others I see displaying their stickers and I appreciate the efforts they took to earn that sticker. The good news is that we will have a couple of opportunities to make our voices heard in the upcoming year, I hope everyone will answer the call, we need you.

Country Chuckles by Jonny Hawkins



"I know we got this when we had a bumper crop ... but, where did we get the rest of the truck?"



"EARL, HAS IT EVER OCCURRED TO YOU THAT THE TERM 'DRESSING UP' IS NOT JUST PUTTING ON YOUR OVERSHOES?"

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Governor, agriculture leaders discuss Medicaid expansion during Manhattan roundtable

Governor Laura Kelly traveled to Manhattan recently to host a Healthy Workers, Healthy Economy tour roundtable focused on how expanding Medicaid expansion would benefit the Kansas agriculture industry. Farmers, ranchers, and legislators joined to share health care issues facing the ag industry – including long wait times and a lack of mental health resources—and discussed how giving thousands more working Kansans access to health insurance could address these challenges.

“Agriculture is the backbone of the Kansas

economy, yet our farmers and ranchers often face unnecessary obstacles to accessing essential care,” Kelly said. “Expanding Medicaid would protect rural hospitals and lower healthcare costs for everyone – including ag businesses –so our agriculture industry and economy can continue to flourish.”

Here’s how Medicaid Expansion would benefit rural Kansas communities and the agriculture industry:

- The Kansas agriculture industry has the 4th highest percentage of workers who would potentially be eligible for Medicaid if it were expanded.

• Of Kansas’ 104 rural hospitals, 58% are at risk of closing their doors. When a rural hospital closes, it devastates the local economy. Being in a Medicaid expansion state decreases the likelihood of a rural hospital closing by 62%.

• Farmers are more at risk for suicide than any other type of worker in Kansas, and they need hospitals and other mental health care providers to remain open.

“I have long dealt with medical care for our soldiers and veterans. The pressures facing our farmers are the same,” said

Kansas State Representative Michael Dodson. “Kansas ranks dead last in mental health. Kansas also has significant issues in rural health care. Although nearly 80% of Kansans want Medicaid expansion, those who oppose it have offered no plans to improve the health care we have. Kansas continues to send money to Washington for the 40 states that have adopted Medicaid expansion. Meanwhile, Kansas has lost nearly \$7 billion since federal implementation.”

“Access to care in rural areas is crucial to the health and wellbeing of Kansas farmers and ranchers,” said Matt Splitter, board member of Kansas Corn. “While they’re working hard to propel our economy, surrounding hospitals are struggling to keep their doors open, making access to crucial mental and physical care

difficult for rural communities. Medicaid expansion would give more Kansas farmers and ranchers health insurance while supporting rural hospitals so they can get health care in their own communities.”

According to the Alliance for a Healthy Kansas, more than 2,600 Riley County residents and more than 700 Geary County residents would become eligible for Medicaid if the Kansas legislature were to pass an expansion bill. Additionally, more than 870 new jobs would be created in Riley County and nearly 250 jobs would be created in Geary County under Medicaid expansion. More than \$29 million in new annual health care spending would be generated in the counties combined.

Kansans can call their state legislators and ask them to expand Medicaid at 800-432-3924.

Roundtable participants included:

- State Representative Mike Dodson, R-Manhattan
- State Representative Kenny Titus, R-Manhattan
- Matt Splitter, board member, Kansas Corn
- Thad Geiger, chair, Kansas Board of Agriculture
- Nick Levendofsky, executive director, Kansas Farmers Union
- Chrysanne Grund, Project Director, Greeley County Health Services
- Scott Thellman, member, Kansas Board of Agriculture and Former President, Kansas Specialty Crop Association
- Erin Petersilie, health plan director, Kansas Farm Bureau
- Andrea de Jesus, owner, A&H Farm and president of the Downtown Farmer’s Market of Manhattan

USDA Farm to School Plate Grant improves access to local flour in Kansas child Nutrition Programs

• Cont. from page 1

looking forward to baking up more delicious homemade menu items utilizing local products.”

The new equipment and flour purchases are a win-win combination across the state. Jordan Back, food service manager at Oswego USD 504, reported their new 60-quart mixer helps them serve three to four homemade bread items per week, including hamburger buns. Back noted they are sourcing Hudson Cream Flour from Stafford County Flour Mills, which he says is of fantastic quality.

“Although our recipe is 60 percent whole wheat flour and 40 percent white flour, the students and adults cannot identify it as whole grain bread,” shared Back. “Kids love it and we’ve already seen about a 10 percent increase in our participation, and I genuinely believe a lot of it has to do with the homemade bread items that we’ve in-

troduced.” Other districts are expanding the variety of products they are preparing, including USD 445 in Coffeyville.

“The staff is so happy with our new equipment and proud of what they are doing,” said Casey Worden, child nutrition services director. “While the grant was important for the children, it also makes the staff proud of the variety of foods they are preparing like hot pockets, coffee cake, garlic knots, waffles and muffins incorporating local berries.”

Beyond school districts, other providers used the sub-grants to encourage the use of local products, instill a love of baking and teach life skills. Child Care Links is a network of daycare home providers in 22 counties. Director Beth

Carlton reported 10 home providers received bread kits, which included a mixer, baking utensils and pans. That equipment was used to involve daycare children in making biscuits, pancakes and pizza.

“You know, sometimes just sitting at the desk, we do not always realize the impact that it’s making until photos come across,” said Carlton, “And it really does make your day and remind you why you’re doing the work that you do, and it boosts your motivation to keep going.”

Learn more about Kansas Child Nutrition programs at <https://cnw.ksde.org> or follow #fuelingkids on social media.

Contact Barb Depew, KSDE Farm to Plate project director, at bdepew@ksde.org.

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

Shirley Deiser, Ellsworth, Wins This Week's
Grass & Grain Recipe Contest & Prize

Winner Shirley Deiser, Ellsworth:
JIFFY CAKE DESSERT

1 box Jiffy yellow cake mix
8 ounces cream cheese, room temperature
1 box instant vanilla pudding
1 can cherry pie filling
1 carton Cool Whip

Prepare cake mix according to directions. Spread in a 9-by-13-inch pan and bake in a 325-degree oven for 20 minutes. Mix instant pudding according to directions on box. Add cream cheese (that has been softened to room temperature) and mix until smooth. Spread on cake. Spread cherry pie filling on top of cream cheese mixture. Top with Cool Whip.

NOTE: You will need ingredients for Jiffy yellow cake mix and instant vanilla pudding (according to box of each).

Margaret Wetter, Norton:
BUTTERSCOTCH BREAD

1 egg
1 cup brown sugar
1 1/2 tablespoons butter or oleo, melted
2 cups flour
1 teaspoon baking soda
2 teaspoons baking powder
1/2 teaspoon salt
1 cup sour milk or buttermilk
1/2 cup chopped nuts
Beat egg; add brown sugar and oleo. Add flour, soda, baking powder, salt; mix well. Add buttermilk and nuts and mix well. Pour into bread baking pan. Bake at 350 degrees for 45 minutes.

NOTE: You may also add mashed bananas or raisins.

Millie Conger, Tecumseh:
FRIED APPLES

2 1/2 cups apple juice
4 large Golden Delicious apples with peeling on, cut into 1/2-inch wedges

3 tablespoons cornstarch
1 teaspoon apple pie spice
4 tablespoons sugar

In a skillet combine 2 cups apple juice and apples. Simmer until apples are fork-tender but not mushy. Remove and place in a serving dish. Mix 1/2 cup apple juice, cornstarch, apple pie spice and sugar. Blend well. Whisk into hot apple juice in skillet and cook until thick. Pour over apples and serve.

Evie Puckett, Stillwater, Oklahoma:
PINEAPPLE-GINGER CRANBERRY SAUCE

1 pound fresh or frozen cranberries
2 cups fresh, diced pineapple
1 1/4 cups sugar
2 teaspoons ginger
1/4 teaspoon ground allspice
Pinch of salt

Combine 1 cup of water, cranberries, pineap-

ple, sugar, ginger, allspice and pinch salt. Bring to a boil then reduce heat and simmer until berries pop and sauce thickens, about 18 minutes. Let sauce cool then refrigerate.

Carol Nelson, Topeka:
PARTY APPETIZER PIE

8-ounce package cream cheese, softened
1/2 cup sour cream
2 tablespoons milk
2 1/2-ounce jar sliced dried beef, finely chopped
1/2 cup chopped onion
3 tablespoons finely chopped green pepper
1 tablespoon chopped pimiento
1/4 teaspoon pepper
1/4 cup coarsely chopped pecans

Heat oven to 350 degrees. In a small bowl combine cream cheese, sour cream and milk. Add dried beef, onion, green pepper, pimiento, pepper and pecans. Mix well. Spoon into an 8-inch baking dish; Bake at 350 degrees for 15 minutes or until hot and bubbly. Serve with assorted crackers.

Rose Edwards, Stillwater, Oklahoma:
HAM SALAD

4 cup diced ham
1/2 cup mayonnaise
1 tablespoon Worcestershire sauce
1/2 teaspoon apple cider vinegar
2 teaspoons Dijon mustard
Salt & pepper to taste

In a blender or processor grind ham. In a large bowl place all ingredients. Blend well. Chill. Can use for sandwiches or dips.

Jackie Doud, Topeka:
CAMEL PECAN PIE
1 stick butter

2 cups flaked coconut
2 cups rough chopped pecans
8 ounces cream cheese
14-ounce can sweetened condensed milk
16 ounces Cool Whip
1 jar caramel ice cream topping
2 graham cracker crusts
In a skillet melt butter and brown coconut and pecans. Set aside to cool. With mixer blend cream cheese, sweetened condensed milk and Cool Whip. Divide evenly between the 2 crusts. Top each with coconut and pecan mixture. Drizzle caramel topping between the 2 pies. Freeze for 3-4 hours before serving.

Kellee George, Shawnee:
SPICED PEAR BUTTER

4 pears, peeled & diced
1/2 cup water
2 tablespoons lemon juice
1/4 cup sugar
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves

Place all ingredients in a saucepan and bring to a boil. Simmer for 20-30 minutes until pears are soft. Pour into blender or food processor and pulse until fairly smooth.

Kimberly Edwards, Stillwater, Oklahoma:
PUMPKIN PIE SPICE

3 tablespoons cinnamon
2 teaspoons ground ginger
2 teaspoons nutmeg
1 1/2 teaspoons allspice
1 1/2 teaspoons ground cloves

Whisk all together. Store in small jars. Use amount you usually use in pumpkin pie. Makes good gifts.

Electronics and Food Safety

Cindy Williams, District Extension Agent, Family & Community Wellness

Think about where you use your smartphone, tablet or laptop. Do you use it in the kitchen? If so, the bacteria on those electronic devices could contribute to foodborne illness. While no incidences have been linked to electronic devices, it is good to be aware of the possibility.

In the 2016 Food Safety Survey, conducted by the FDA in collaboration with the USDA, consumers reported taking electronic devices everywhere - work, the bathroom, the gym, shopping, just everywhere. Then they use them in the kitchen, usually to view a recipe to cook. These devices are so integrated into our lifestyles, that the thought of food safety does not relate to the consumer.

Forty-nine percent of consumers use devices such as smartphones or tablets while preparing food. Of those, only 37% wash their hands with soap after touching the device.

What can you do? Wash your hands before AND after handling the electronic device to keep your hands clean.



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Holiday Recipe Contest

Nov. 21 through Dec. 19

In observance of the holiday season, Grass & Grain will award the weekly winners \$40 in addition to the gift. Recipes received NOW through DECEMBER 11 will be entered in the holiday contest. Enter as often as you like during this period.

BONUS DRAWING

Second chance to win! The names of all contestants will be entered in a drawing from which four names will be chosen. Each of these four contestants will receive \$40. Winners will be announced Dec. 19.

RETRO HOLIDAY
SALT & PEPPER SHAKERS



Complete the seasonal look on your dining table with these Retro Holiday Salt and Pepper Shakers. Shaped like evergreen trees, they put a little fun into any meal. Each has a removable silicone plug for refilling.

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Healthy Lifestyle Changes Are Key To Successful Aging

By Pat Melgares, K-State Research and Extension news service

MANHATTAN - You don't have to go to far-away countries - Greece, Cyprus or France, anyone? - to benefit from a popular style of eating.

In fact, Sharolyn Jackson says the Mediterranean diet is more a concept than a place.

"It really is an eating style that can have any flavor profile," said Jackson, the state leader of K-State Research and Extension's popular Walk Kansas program, a team-based challenge that encourages people to walk, jog, run, bike, swim and move however they want to live more healthfully.

As part of this year's Walk Kansas, which wrapped up in late May, organizers offered a six-week pilot course on eating the Mediterranean way.

"The Med way is just healthy eating," Jackson said. "But there are a lot of reasons why people feel kind of stuck when it comes to healthy eating. They think that it's too hard, or too confusing. They get a lot of mixed messages from different places. And then they have this idea that it's too expensive. They think it doesn't taste good...or they don't have enough time to prepare foods or plan what they're going to eat. And maybe they have limited cooking skills."

Instead, the Mediterranean eating style can be simple, and summarized in seven steps, according to Jackson:

* **Change your protein.** Choose white meat poultry, like chicken and turkey, and lean cuts of meat. Eat fish and seafood at least 2-3 times per week. Replace some of the meat in your diet with plant proteins. Eat red meat less often and choose leaner cuts. Eliminate processed meats or greatly limit them.

* **Swap your fats.** Instead of butter, use olive oil or canola oil for cooking foods. Don't eliminate fats; just choose better ones.

* **Eat more vegetables.** Three cups of vegetables, per day, are recommended. Choose dark greens, and a variety of colors.

* **Eat more fruits.** Get at least two servings/cups of fruit per day. Choose a variety of colors and include berries often.

* **Snack on nuts and seeds.** Stick to about three ounces - about three small handfuls - so that you're not over-doing it on the calories. Avoid nuts and seeds that are candied, honey roasted or high in salt.

* **Choose whole grains.** Choose whole grains like oatmeal, quinoa, brown rice, popcorn and whole grain bread and pasta. Look for the word "whole" as the first item on the ingredient list.

* **Rethink your sweets.** Limit intake to no more than three servings per week of high-sugar foods and drinks. Fruit is a good substitute for high-sugar desserts.

These recommendations, Jackson said, "don't need to be abrupt changes. Move yourself slowly away (from your current eating habits) so that you feel like you're not being deprived, but rather working toward making it a habit."

Jackson said her recommendations come from curriculum titled, Med Instead of Meds, developed by North Carolina state professor and registered dietitian nutritionist Carolyn Dunn. Additional resources are available online at <https://medinsteadofmeds.com>.

"Up to two-thirds of chronic diseases - like diabetes and heart disease - can be prevented by lifestyle changes, specifically diet and exercise," Jackson said. "Research has shown the connection between lifestyle and chronic disease for some time, and it's provided insight into some of the ways to move people in the right direction for making those lifestyle changes."

To learn about future programs on the Mediterranean style of eating, interested persons may contact their local Kansas Extension office.

Links used in this article: [Walk Kansas, https://www.walkkansas.org](https://www.walkkansas.org)

[Med Instead of Meds, https://medinsteadofmeds.com](https://medinsteadofmeds.com)

[K-State Research and Extension statewide offices, https://www.ksre.k-state.edu/about/statewide-locations.html](https://www.ksre.k-state.edu/about/statewide-locations.html)

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Prairie Gal Cookin'

Recipes and Ramblings from the Farm

It's Time For ... More Chickens?

By Ashleigh Krispense

The past few mornings we've woken to a thick blanket of fog outside. The cold spell awhile back had us already transitioned over to using the wood stove and pulling out the flannel sheets, but now we're back to running outside in short-sleeves if need be.

Christmas is coming up quickly and in my world, music can really begin around the first of November (with a day off for Thanksgiving of course). But my mind has already taken off beyond the Christmas season, as I've found myself on hatchery and garden supply websites.

Every once in awhile I get stuck on the idea of getting more chickens. I love the different breeds you can keep and the varying feather patterns and colors. Some of the last additions to the flock were in the pursuit of differing egg colors. The hen house currently has an assortment of Barred Rock, Black Copper Marans, and Easter Eggers (or some sort of blue-green egg layers!). The Black Copper Marans are supposed to lay a striking, dark brown egg. While I haven't seen any of the eggs pop up yet, I've enjoyed watching them grow into big, beautiful birds. The roosters are tall and stately, while the hen is more on the fluffy and plump order of things, with iridescent black feathers.

There's an online hatchery that I've ordered from before and just last night I was back on there pouring over the different breeds that are available. While an order could be placed now, the then freshly-hatched chicks wouldn't ship until early next year (and you can even pick and choose the date you want them to ship later, which is handy in case you want to wait for warmer nights).

I found an option to purchase assorted roosters just for butchering later on. While some breeds such as the Cornish Cross are known for their extremely fast rate of growth, the ones I'm looking at are more slow-growing birds that come in a random variety of traditional breeds. Although I won't relish the initial

butchering process, I do love the idea of having several chickens tucked away in the freezer!

Typically with whole, frozen chickens I will just put them in a crock-pot with some water, bay leaves, and other seasonings before letting them cook overnight or until the meat falls away from the bones. Then I sort through and separate the meat from the bones and skin before returning the unwanted pieces back to the crock-pot full of broth. I can add some veggies if desired and let it simmer until the bones are soft enough to poke with a fork.

If you ever do decide to order from an online hatchery, you might notice that sometimes there are minimum quantities of chicks you should order or else you might pay a fee. While I don't specifically need to order more egg layers, if we're already getting some to butcher, I figured why not throw in a few extra girls to add to the hen house?

Between the beautiful, brown and white Speckled Sussex, the dark-egg-laying Welsummer, and the Golden-Laced Wyandottes that I grew up around, there's a possibility the hen house might just get some new residents later next year.

If you enjoy getting your orders in early, here's your reminder to ponder your future poultry or garden-related purchases. Maybe you're trying to get a specific variety of green bean before they're sold out or you just want to get some chicks ordered before next spring — either way, you've got some time to figure things out. And if sales are what you enjoy, check out some of your local farm stores for any discounted gardening supplies that are left. Just the other day I saw a bundle of spray nozzles on clearance at a local store. So whether you're diving into holiday prep or next year's projects, happy planning!

Ashleigh is a freelance writer and the gal behind the website, *Prairie Gal Cookin'* (www.prairiegal-cookin.com), where she shares step-by-step recipes and stories from around the farm in Kansas.

Food Safety: Vacuum Package Foods For Long Term Storage K-State Food Scientist Outlines Tips To Safely Store Cold Foods

By Maddy Rohr, K-State Research and Extension news service

MANHATTAN – There are many benefits to vacuum-packaged foods, but Kansas State University food scientist Karen Blakeslee said knowing food safety concerns is necessary for food establishments.

"Removing oxygen (from packaging) can reduce growth of some spoilage microorganisms, reduce rancidity and color changes, and extend the shelf life of cold-stored foods," Blakeslee said.

Vacuum packaging also produces an anaerobic environment when air is removed from the package, similar to canning.

"This can allow Clostridium botulinum to form spores that can develop a deadly toxin if proper storage conditions are not met," Blakeslee said.

Food establishments must use at least two barriers to ensure the safety of reduced oxygen products, Blakeslee added. These barriers include:

- * Refrigeration below 41F.
- * pH at or below 4.6.
- * Water activity (a measure of available water in a food product) at or below 0.91.
- * Presence of high levels of competing microorganisms, such as raw meat or poultry.
- * Freezing.
- * Inspected, properly cured meat or poultry products.

In addition to the barriers listed, food establishments must ensure their employees are properly trained on the packaging procedures.

Common foods to vacuum package are meat, poultry and seafood. Other foods could be fresh vegetables or fruit. Vacuum packaging is popular in food establishments because it helps save space in a freezer.

"Handling the food safely is important to prevent cross-contamination. Always wash your hands and use clean equipment," Blakeslee said.

More information and procedures can be found in a new publication about vacuum and reduced oxygen packaging from K-State Research and Ex-

tension.

Blakeslee, who also is coordinator of K-State's Rapid Response Center for Food Science, publishes a monthly newsletter called *You Asked It!* that provides numerous tips on food safety. More information is also available from local Extension offices in Kansas.

Links used in this story: Rapid Response Center, <https://www.rrc.k-state.edu>

Vacuum and reduced oxygen packaging, <https://bookstore.ksre.ksu.edu/pubs/MF3639.pdf>

K-State Research and Extension local offices, <https://www.ksre.k-state.edu/about/statewide-locations.html>

Tip To Enjoy A Safe Holiday Feast

Kaitlin Moore, Nutrition, Food Safety & Health Agent, River Valley Extension District

Here are some tips to help ensure you have a safe holiday meal

Turkey:

- Thaw frozen turkey in a refrigerator in its original packaging. The thaw formula is 4-5 pounds per 24 hours. For example, a 15-pound frozen bird will take 3-4 full days to thaw in the refrigerator

- Stuff turkey just prior to cooking

- Cook turkey and stuffing to 165 degrees Fahrenheit. Temperature is the only indicator that food is cooked for safety

- Keep hot foods above 140 degrees Fahrenheit

- Refrigerate cold foods (40 degrees Fahrenheit) until ready to serve

- Leftovers cool more quickly in shallow containers

- Bring gravy to a boil before re-serving

- Re-heat leftovers to 165 degrees Fahrenheit
- Heat or freeze leftovers within 3-4 days

Holiday baking:

Flour is very minimally processed between harvest and retail so it is considered a raw ingredient. Because flour is raw it may contain harmful bacteria such as *E. coli* or *Sal-*

monella that cause food poisoning. Avoid eating batter or dough that contains raw ingredients. Young children are especially susceptible to illness from raw ingredients such as flour or eggs. Keep everyone healthy by fully baking treats before eating them.

It is not safe to heat treat flour at home in the microwave or oven. A microwave or oven heats unevenly, especially if food has many parts and surfaces like flour. As a result, these at-home heat treatments may not effectively kill all bacteria. Proper cooking or baking is the only way to kill harmful bacteria such as *E. coli* or *Salmonella*.

More information can be found on fightbac.org

Questions about food safety or preparing food for the upcoming holidays can be directed to Nutrition, Food Safety & Health Agent, Kaitlin Moore at 785-243-8185 or kaitlinmoore@ksu.edu.

Food Safety: Clean The Kitchen Sink

By Maddy Rohr, K-State Research and Extension news service

MANHATTAN – The kitchen sink is used for a variety of tasks and activities. Kansas State University food scientist Karen Blakeslee says preventing bacteria that causes foodborne illness is especially important in the kitchen sink.

"We use the kitchen sink for food preparation and more," Blakeslee said. "The possibility exists for foodborne illness-causing bacteria to hang out in the sink too. These bacteria could cross-contaminate your food and make you sick."

Blakeslee added that a recent USDA study tested surfaces where participants prepared a breakfast meal with raw sausage, shell eggs, and a fruit salad made with cut-up cantaloupe. Test results showed that 34% of the sinks were contaminated after preparing the meal.

Even more scary, 26% of the samples of cut-up cantaloupe from the fruit salad were contaminated after breakfast prep.

"The bacteria in the sink or on your hands can cross-contaminate from the sink to other items, including those you normally eat raw. This means you'll be eating that bacteria too," Blakeslee said.

After using your sink to wash or prepare food, clean and sanitize the sink:

- 1) Use warm, soapy water to wash the sink. Wipe it clean with paper towels.
- 2) Use a sanitizer and let air dry. Sanitizers can be homemade (1 tablespoon of liquid chlorine bleach per gallon of water) or use a commercial sanitizer or sanitizing wipe.

Blakeslee, who also coordinator of K-State's Rapid Response Center for Food Science, publishes a monthly newsletter called *You Asked It!* that provides numerous tips on food safety.

More information is also available from local Extension offices in Kansas.

Links used in this story: Rapid Response Center, <https://www.rrc.k-state.edu>

You Asked It! newsletter, <https://www.rrc.k-state.edu/newsletter>
K-State Research and Extension local offices, <https://www.ksre.k-state.edu/about/statewide-locations.html>

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by Kirk Sours

French Tour du Jour

Got a call one day back in about 1998. The call went something like this:

"Hello"
"Hey Kirk, Todd Johnson, Kansas Beef Council."
"Hey, buddy, what's up?"

"I know this is pretty short notice, but I was just contacted about a tour group from France sponsored by Hesston Corporation. After touring their plant they are heading to Kansas City for the American Royal and were hoping to stop and visit a working cattle ranch."

We've always had our gates open to hosting groups or individuals who want to learn about beef and ranching so the answer was a pretty easy "Sure. When are they coming?"

"They'll be at your place in about 20 minutes." Short notice, indeed!

He chuckled, "Yes, and I would understand if you can't make it work."

"Well," I said, "I have a crew here now and we are working cattle, so they will get to see us in action."

"Perfect!"

The bus pulled in a few minutes later and I went up to meet them as they unloaded, and pointed them toward our processing area where we had just a few more heifer calves to OCV. Doc Schriener skeddled, slipping around the crowd, and he was

gone.

There were about four or five among the group who could understand English, and only a couple of them were fluent, so we conversed through our mutual interpreter, a very attractive young French maiden, who my hired man and very eligible bachelor, Kerry, was smitten by.

As the crew finished and made their way up to greet the crowd we were well into Q and A about American beef production. I got questions about everything from breed selection to fertilizer rates and forage production. Fortunately I had just done some annual analysis on our hay production and had many of those numbers fresh in my mind. The crowd was a bit dubious, though, when I disclosed my rate of application versus tonnage harvested. "They said it would take almost ten times that to get the same production in France," the interpreter said. Stunned, I thought surely we had gotten some conversion rates entered wrong in the math process so we figured it again. Kilos per hectare as opposed to pounds per acre isn't real difficult, but mistakes can easily be made. The numbers were confirmed. I opined to the group that we all must remember that Kansas is basically virgin ground com-

pared to European soil which has been farmed for centuries.

The comparisons continued as we learned from each other. One glaring difference that we stumbled into during our discussion was when one of the group asked, through the interpreter, when the government agent visited, catching me off guard. I responded, "What do you mean?"

"You know, the government advisor that visits and tells you what changes you should do, new products and technology, and helps you run your farm."

Stroking my mustache, I thought about this for a few seconds before answering. "We don't have those." A slightly lower murmur went through the crowd than when they learned I used ten percent of the fertilizer they did.

"How do you know what you need to do to improve your operation?" Knowing that European countries are under a more socialistic government than we had experienced, I replied, "Well, we have a thing called capitalism here, and I have sales people chomping at the bit to sell me the latest greatest thing that will help me improve production. However, I think maybe our land grant universities Extension agents may be closer to what you are talking about, where they do research and share information."

"Oh, so then they come around..."

"No, they don't come visit me." Puzzled looks all around. "They do the research, gather the data and make the findings available. They will even bring the information to public meetings spon-

sored by the university, industry or local producer groups where I can receive it. Now, if I call and ask for an agent from the Extension office to come visit and advise, yes, I can definitely do that. But they don't come out unless I invite them."

The group was satisfied and in gratitude for our time, insisted that they buy us lunch. We still had a local barbecue joint then and had a great time interacting with them. Interestingly, every one of the tourists ordered an alcoholic drink, at least wine, with their lunch and afterward the entire lot of them lit up cigarettes. When asked about our drinks, which all consisted of iced tea, or soda, they were curious. Allowing they were all on vacation, I said, "Well, we all are going back to work this afternoon so we don't drink at lunch." A little smile from my new French comrade as he shook out a smoke for me to take.

I'm thinking, "This fella is mocking us just a tad. Americans don't smoke anymore."

"Oh, no thanks. I don't smoke." I turned to my right hand man, Kerry, "Give me your Copenhagen." Obliging me, he watched as I turned to my smirking glassy-eyed friend with the smoke halo. Opening the can and wafting the fresh snoose under his nose, I said, "Have a dip. This is how Americans take our tobacco!"

The man gagged and the whole table erupted in laughter!

Kirk Sours is a ranch manager and columnist in northeast Kansas. Email him at: sours.kirk@yahoo.com

FFAR grant protects wheat yields from wheat stem sawfly

Wheat stem sawflies are non-stinging wasp-like insects that cause wheat yield losses across the U.S. Sawflies previously targeted spring wheat crops; however, these pests have recently emerged in Kansas, Colorado and Nebraska, suggesting that it is evolving to feed on winter wheat crops as well. To address this growing threat, the Foundation for Food and Agriculture Research (FFAR) awarded a \$150,000 Rapid Outcomes from Agricultural Research (ROAR) program grant to Colorado State University to increase crop resistance to wheat stem sawfly. Colorado State University, the Colorado Wheat Administrative Committee and the University of Nebraska provided matching funds for a \$300,000 total investment.

"Wheat is a vital crop in the U.S. agriculture system," said Dr. Angela Records, FFAR's chief scientific officer. "The best way to protect American wheat farmers and their crops from wheat stem sawfly is to make wheat varieties with resistance to the pest available. FFAR is funding research to identify resistance genes in wheat to protect yields and farmers' livelihoods."

Wheat stem sawfly is a grass-feeding insect that bores and/or cuts into stems, displacing plant stems and roots from their vertical and proper placement, causing lodging. Lodging lowers yields and diminishes nutrient density. According to the U.S. Department of Agriculture-Agriculture Research Service (USDA-ARS), the pests' prevalence has greatly increased, causing \$25 million in losses in Montana alone in 2020. Damages are predicted to increase as wheat stem sawfly has recently been found in winter wheat crops in Kansas, the top winter wheat producing state. Currently, chemical controls are ineffective and cost prohibitive against sawflies. With no single effective management strategy, the identification of genes for resistance and better predicting what causes sawflies to spread is vital for protecting farmers' profitability and building a resilient agricultural supply chain.

To address this pervasive pest, Colorado State University researchers, led by associate professor of entomology Dr. Punya Nachappa, are identifying resistance genes in wheat and developing predictive models that determine the likelihood of wheat stem sawfly infestation under specific climate and landscape conditions.

"We believe that FFAR funding will allow us to address this rapidly expanding pest more deliberately and comprehensively by identifying drivers of emergence and establishment and implementing mitigation strategies," said Dr. Nachappa. "Our multi-disciplinary, multi-state initiative is well-positioned to provide valuable information to all stakeholders as a result of FFAR's support."

FFAR's ROAR program rapidly funds research and outreach in response to emerging or unanticipated threats to U.S. food supply or agricultural systems.

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NAWG pleased with Prop 65 permanent injunction

The National Association of Wheat Growers (NAWG) is thrilled to see the United States Court of Appeals for the Ninth Circuit permanent injunction that prohibits California's Proposition 65 warning requirement related to glyphosate. The Ninth Circuit Court of Appeals affirmed the district court's permanent injunction enjoining Proposition 65 warning requirement for glyphosate.

"NAWG members knew we had a strong case and the decisions were based on the facts and science surrounding the safety of the product," said NAWG president and Oregon wheat farmer Brent Cheyne "NAWG has been engaged in this legal battle as lead plaintiff challenging the California requirement for six years.

NU Institute lands \$19 million grant to advance global food security

The University of Nebraska's Daugherty Water for Food Global Institute has received a \$19 million federal grant to coordinate a global network of partner organizations to achieve sustainable irrigation and agricultural mechanization by small farmers in developing countries — a goal crucial to meeting the world's growing food demand.

The world's population is heading toward a projected 10 billion by 2050, up from the current 8 billion. Adoption of sustainable irrigation and agricultural mechanization by small farm operators is a key tool for reaching the needed production increase, the World Bank and other international development organizations have said.

In recognition of that need, the U.S. Agency for International Development has selected the Daugherty Water for Food Global Institute to lead a global, multi-partner collaboration focusing on smallholder irrigation and mechanization needs. The project will pursue a comprehensive approach encompassing not only direct technical aspects of irrigation and agricultural mechanization, but a set of practical, related issues that must be addressed if developing countries are to achieve long-term success in managing water to enable food security.

Examples of such needs include workforce development for the manufacturing, installation and maintenance of irrigation equipment; efficient collaboration with private-sector companies; public health considerations; and climate sustainability.

A central goal of the initiative is resilience — a producer's ability to continue operation, and provide food and income, in the face of disruptions such as climate change or economic downturns. The project will look at the range of challenges for smallholder production, for rainfed fields, as well as those with full irrigation, including study of water security and management beyond the field scale, to include watershed conditions.

The project will draw on the relevant expertise from the institute's 130 faculty fellows across the university system. The Water, Climate and Health program from the College of Public Health at the University of Nebraska Medical Center will be among the partner organizations providing input on public health matters. The National Drought Mitigation Center at the University of Nebraska-Lincoln also provides a resource for climate analysis.

"This project incorporates many urgent issues under the umbrella of irrigation and mechanization,

and it is all interconnected," said Nicole Lefore, who will direct the institute's Feed the Future Innovation Lab for Irrigation and Mechanization created by the grant. Lefore is the institute's associate director of sustainable agriculture water management.

Women account for a large portion of small farmers in the developing world, and this initiative aims to increase economic opportunity in agriculture and food systems for women and young people.

"From workforce development to watershed/basin management to the changing dynamics of women in agriculture, the relationships are there," Lefore said.

Nepal, Ethiopia, Rwanda, Ghana, Honduras and Guatemala will be countries of specific focus initially for the DWFII project, along with the East Africa and Southern Africa regions generally.

World Bank analysis has pointed to the global need regarding sustainable irrigation. Across Africa, "less than 10% of arable land is irrigated, which means little insurance against erratic rains and climate shocks," the World Bank reports. "Lack of irrigation puts at risk the livelihoods of hundreds of millions of smallholder farmers and their families across the continent."

DWFII's strengths lend themselves well to such a comprehensive project. The institute's scientific work on water issues and irrigation is internationally known and respected. The institute has strong international partnerships with academic institutions, government agencies and private-sector companies, and is conducting projects in dozens of countries worldwide. Two of the institute's current partners, the International Food Policy Research Institute and the International Water Management Institute, will be key participants in this new initiative.

"We have the existing networks and connections, plus the expertise of the university system as a whole," Lefore said.

DWFII faculty have expertise in a wealth of water management and irrigation issues. Lefore, for example, has longstanding experience on irrigation issues working with academia and the private sector. She is a specialist on irrigation challenges facing smallholder farmers in developing countries, having lived in developing nations for more than 20 years with a focus on these issues. Nebraska's private sector, meanwhile, has long been a global leader in irrigation.

"Throughout its history, the University of Nebraska-Lincoln's Institute of Agriculture and Natural Resources has focused on

California's Proposition 65 requirement threatened the use of glyphosate by requiring false and misleading labels on products that may contain glyphosate. We are pleased to see this action taken today by the court."

Additional plaintiffs include the Agribusiness Association of Iowa, the Agricultural Retailers Association, Associated Industries of Missouri, Iowa Soybean Association, Missouri Chamber of Commerce and Industry, CropLife America, Missouri Farm Bureau, National Corn Growers Association, North Dakota Grain Growers Association, South Dakota Agri-Business Association and United States Durum Growers Association.

meeting producers where they are and collaborating to improve yield, profitability and resilience," said Mike Boehm, NU vice president and Harlan Vice Chancellor for the Institute of Agriculture and Natural Resources. "The Daugherty Water for Food Global Institute is the piece of UNL that expands this important work and works with producers far beyond Nebraska. DWFII's work is global, scalable and incredibly producer focused. DWFII is a wonderful fit for this project, and I'm eager to see this work benefit producers and bolster food security."

The Daugherty Water for Food Global Institute, with more than 13 years of experience in global water and food security issues, has demonstrated strength in the issues involved in this new project. The funding will now allow the institute to collaboratively scale versions of that work beyond Nebraska and onto the global stage.

"This is an especially significant investment in securing water and increasing productivity in smallholder agriculture around the world and, along with our partners, delivering on our mission of a water- and food-secure world," said DWFII executive director Peter McCormick.

"This is a remarkable achievement for the University of Nebraska and our entire state that demonstrates, yet again,

Nebraska's leadership role in ensuring a food- and water-secure world," said NU system president Ted Carter. "And it's further evidence of the impact and success that are possible when we bring the combined strengths of our campuses together. I could not be prouder of the University of Nebraska faculty, staff, students and partners whose commitment and expertise made this award possible, and of the lives that will continue to be transformed for the better because of their work."

The \$19 million is for a five-year period, with a potential to expand the program with more activities up to \$40 million. The DWFII project is part of a USAID initiative funding a series of Feed the Future Innovation Labs addressing a range of challenges for global food security and nutrition.

"Feed the Future Innovation Labs are driving novel solutions to the increasingly complex challenges we face today," said Dina Esposito, Feed the Future deputy coordinator and USAID's assistant to the administrator for resilience, environment and food security. "Advancing this research is key to equipping small-scale farmers with the tools they need to boost yields, use resources more efficiently and be more resilient to shocks."



Jayne Humphrey Pearce is talking about knowing who you are.

It's early in the morning, and she is joined by Marjean Deines from Wakeeney and the legendary ElDean Holthus of Home on the Range Fame (he is the godfather of the project that has preserved the cabin and the project that resulted in Ken Spurgeon's award-winning film by the same name). We are attending the Kansas Museums Association meeting in Hays.

Talk about Nerds of a Feather...

Coming from every end of the state to share triumphs and tragedies, from Mahaffey to El Quartejejo, from the Sternberg to the Kansas State Historical Society, hysterians have excitedly shared their stories.

It has also given Hays the chance to show off. From the Fort Hays State Historic Site, to the new art gallery at Fort Hays State University, to the Ellis County Historical Society (bless their hearts, they are reopened after addressing lots of issues inherent with old buildings), to the Sternberg, to the brand new Hilton Garden Inn, Hays has shone.

But so has the rest of our amazing state and her people.

This morning's session has featured Jayne, Marjean, and ElDean talking about their sites and the challenges in expanding and interpreting those sites. Floods and famines, lots of donations (where to put them??), funding, staying true to the mission — so many creative ways to approach these issues.

I have to go now because I am speaking on Interpreting History Through Art. The Fort Wallace Museum is my example, and it could not be a richer source. From the figure of Scout Medicine Bill Comstock and Ernie Poe's barbed-wire buffalo out front, to the art of Jerry Thomas throughout, and the lifelike sculptures by artist Melissa Rau, to the vision of Valarie Smith in designing the entire new addition, the museum is filled with artistic expression inspired by historic events and people.

This is who I am: I'm just one little loud woman but I do what I can to share these amazing stories and people.

Deb Goodrich is a producer on *Sod and Stubble* and the host of *Around Kansas*. She is the *Garvey Texas Foundation Historian in Residence* at the Fort Wallace Museum and chairs the Santa Fe Trail 200. Contact her at author.debgoodrich@gmail.com.



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LAND AUCTION

TUESDAY, NOVEMBER 28, 2023 — 10:00 AM
Clyde VFW, 401 Washington Street — CLYDE, KANSAS

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Farmer sentiment rises as producers report improved financial conditions on their farms

There was a slight uptick in agricultural producers' sentiment in October, as the Purdue University/CME Group Ag Economy Barometer index rose 4 points to a reading of 110. The modest improvement in farmer sentiment resulted from farmers' improved perspective on current conditions on their farms as well as their expectations for the future. The Index of Current Conditions rose three points to 101 while the Index of Future Expectations rose five points to 114. This month's Ag Economy Barometer survey was conducted Oct. 16-20.

"Farmers in this month's survey were slightly less concerned about the risk of lower prices for crops and livestock and felt somewhat better about their farms' financial situation than a month earlier," said James Mintert, the barometer's principal investigator and director of Purdue University's Center for Commercial Agriculture. Farmers' more optimistic view of their farms' financial situation was reflected in the Farm Financial Performance Index, which rose six points in October compared to September. This month's

index value of 92 was the highest farm financial performance reading since April and pushed the index 7% above its reading from a year ago. The index's rise stood in contrast to the U.S. Department of Agriculture's forecast for 2023 net farm income to fall below 2022's income level. "Reports of higher-than-expected corn and soybean yields in some Corn Belt locations, along with a modest rally in corn prices, likely contributed to this month's rise in the financial conditions and the barometer indices," Mintert said.

Despite the perception that financial conditions were stronger than a month earlier, the Farm Capital Investment Index fell four points in October to a reading of 35. This was the lowest reading of the year for the investment index. In October, nearly eight out of ten (78%) respondents said it was a bad time to make large investments in their farm operation, while just 13% of farmers said it was a good time to make large investments. Among those who said it's a bad time to invest, the most commonly cited reason was rising interest rates, chosen by 41% of respondents, up one percentage point from September. Of those who said it is a good time to make large investments in

their farm operation, 24% stated "strong cash flows," down from 32% who felt that way in September, and 20% pointed to "expansion opportunities" up from 6% in September. Just over one-third (35%) of producers in this month's survey said they expect farmland values to rise in their area in the upcoming year, while nearly two-thirds (65%) of survey respondents expect farmland values to rise over the next five years. As a result, the Short-Term Farmland Value Index changed little, dropping just one point compared to a month earlier, while the Long-Term Farmland Value Expectations Index rose three points. Key reasons cited by producers for optimism about farmland

values over the next five years continue to be non-farm investor demand, followed by inflation. Dry weather this past spring and summer stimulated discussions among producers about shifts in long-term weather patterns. This month's survey asked corn and soybean producers if they have explicitly made any changes in their farming operation in response to changes in long-term weather patterns in their area. Nearly one out of four corn/soybean farmers (24%) in the October survey indicated they implemented changes in their farm operations to better deal with shifting weather patterns. A follow-up question posed only to farmers who said they've made changes asked them to identify the biggest operational changes they've made to date. Responses indicated farmers are choosing from among a broad mix of technologies and capital investments to adapt to changing weather patterns, including: increased use of no-till (25% of respondents); changed mix of crops planted (23% of respondents); planted more drought-resistant varieties (20% of respondents); installed tile drainage (9% of respondents); and installed irrigation (9% of respondents).

AUCTION

SATURDAY, NOVEMBER 18, 2023 — 10:00 AM
Auction will be held at the American Legion at the South edge of CLIFTON, KANSAS

ANTIQUES, COLLECTIBLES & HOUSEHOLD

2 door 6' walnut china cabinet w/2 drawers on bottom; 6 drawer spool cabinet; oak curved glass china cabinet w/ claw feet; oak flat glass secretary; walnut dresser w/acorn pulls; 4 drawer chest w/hanky drawers & acorn pulls; spoon carved walnut marble top wash stand; 3 drawer marble top chest w/acorn pulls; marble top walnut chest; marble top walnut wash stand; fancy walnut wall mirror; oval walnut parlor table; walnut parlor table; walnut dresser w/acorn pulls; walnut tilt top round parlor table; walnut marble top lyre lamp table; walnut love seat w/side chair; brass bed; mahogany 2 drawer lamp table; oak tea cart; curio cabinet; captain chair; oak twist leg plant stand; revolving lamp table; organ stool; stain glass floor lamp w/marble insert; oak partners desk; stack bookcase sections; oak dropleaf table; chairs; **Clocks inc:** wall Sessions regulator type clock; Eli Terry clock w/wood gears; wall & mantel clocks; wall magazine rack; assortment pictures; blue umbrella holder; canes; umbrellas inc: pearl & silver; wicker doll buggy; purses; quilts; linens; handkerchiefs; quilt squares; lace collars; lots of lace for sewing; many sewing items; over 100 yards of quilting cottons, yards of wool, silk & shirting fabrics; quilting rulers; books; tools; needle point seats; needles; thread; pastels; rickrack; buttons; beads; patterns; Indian baskets; fancy brass warmer; several fancy lamps; kerosene lamps; Rayo lamp; Dazey 60 churn; candy scale; crock cookie jar; Llaro lady w/pigs; other Llaro figures; large pig collection many china; Royal Copenhagen pig figures; Aynsley pig figures; German pigs; France pigs; Vaseline glass pieces (covered butter, compotes, many other); Art Glass vases; Mt. St. Helens vase; flash glass; cut glass vases, bowls, pitcher & glass; stems; bells; carnival bowls; paper weights; Haviland plates; Wedgwood plates; handpainted plates; game plates; local advertising plates many Clyde & Clifton plates; Washington co dishes; covered boxes; Gobel figures; blue & white dishes; A.L. Hambra bowl; other bowls; Haviland china; Delft pcs; cup & saucer collection; collector plates; large assortment quality glass; Art glass ball; powders; glass candy containers; silver plate items trays, serving pcs; flatware; Camille International Silver company; silver sugar bowl w/spoon holder; Gorham sterling pieces; nativity figures; Cornwall Cottage buildings; Vine Studio decorations; gem w/warthog on it; Shakespeare & other classic books; **Toys:** John Deere tractors 4020, others; 6600 JD combine; JD implements several in boxes; IHC & Oliver tractors; Gleaner combine in box; Arcade car & trucks; cast iron tractor plow, car, trucks, bus; AA Sky Chef truck; Tonka car hauler; other Tonka trucks; cattle semi; cast iron stoves; toy iron collection; dolls; doll trunk; Captain Midnight badge; coaster wagon; puzzles; copper boiler; ice cream freezer; other collectibles. Modern furniture: blue & white couch; floral arm chair; recliner.

NOTE: The Benteman's have collected for many years, this is a very nice collection. They always collected quality items. The furniture is very good. For pictures check our website at www.thummelauction.com

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The Building Center LIVE AUCTION

(2 DAYS - Forklifts, Equipment, Tools, New Stock Inventory, Lumber)

DAY #1: FRIDAY, NOVEMBER 17, 2023 - 1 PM
AUCTION LOCATION: 611 Orchard St, HILLSBORO, KS 67063

DAY #2: SATURDAY, NOVEMBER 18, 2023 - 10 AM
AUCTION LOCATION: 143 W. Main St, MARION, KS 66861

SELLER: THE BUILDING CENTER
EVERYTHING IS SELLING: forklifts, tools, lots of inventory, equipment, lumber, shelving.

TO SELL IN HILLSBORO ON 11/17: 2017 Crown C-5 Dsl Forklift, 1,400-hrs, Cab w/AC [#0079333]; DeWalt 12" Compound Miter Saw w/ Stand; Meco Omaha HD Cantilever Lumber Rack; DeWalt 10" Table Saw w/Stand; DeWalt Brushless Cordless Circular Saw 60V Max; Frigidaire Refrigerator; Whirlpool Microwave & Hood Combo (NIB); Plastic Banding Dispenser w/Tools & Banding; **TO SELL IN MARION ON 11/18:** Toyota 7FUDU35 Diesel Forklift w/Side Shifter, 7,331-hrs [#71860]; DeWalt 10" Table Saw w/Stand; 5K2000 Pallet Racks; DeWalt 60V Max Cordless Circular Saw; Plastic Banding Dispenser w/Tools & Banding; Fletcher 3000 Glass Cutter; Metal Tech Sheetrock Lift; Northern Job Site Toolbox (New); **ITEMS AT BOTH LOCATIONS: SAW BLADES & BITS:** Tap Con Installation Kit & Mason Bits; Diablo Drill Bits, Saw Blades, Reciprocating Blades, Hole Saws, Oscillating Blades; **FASTENERS & SCREWS:** Trex Universal Fasteners, Hideaway Universal Fasteners; Cap Tor XD Epoxy Deck Screws; Tapcon Concrete Anchors; Red Head Tru Bolt Wedge Anchors; Nails (Galvanized, Finish, Roofing); Screws (Deck, Metal, Trim, Cabinet); **PLUMBING & ELECTRICAL:** Pex Bulk & 10' Sections; Brass Pex Couplers & Shark Bites Hot and Cold; Pex Pliers; 10, 12, 14 Romex Electrical Wiring; **LUMBER:** Oak & White Molding; Pine (1 & 2 inch from 6" to 12" wide); Treated Lumber (2 inch, 4" to 11" wide, up to 20-ft long), 4x4x12, 6x6x12; Hardie Board Sheeting; Plywood (1/2"x25, 3/4", 3/4"x82; 15/32" PRS x54, 15/32" x8, 7/16" OSB Plywood x47); Porch Posts x48; Trex Decking & Fascia Material; LP Smart Siding; (Most all is bulk lumber, varying amounts from 5 up to 300 board lots); Railroad Ties x200; **This a partial listing!**

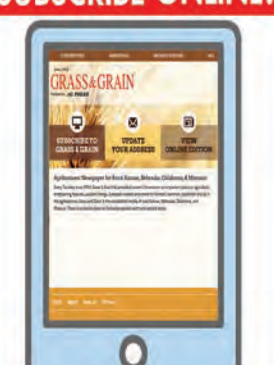
See website for full listing, terms, what is selling each day & photos at GriffinRealEstateAuction.com

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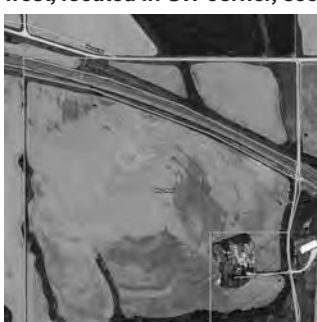
LAND AUCTION

123.9 taxable acres +/- located in Marshall County, KS - S18, T02, R07 - Marysville Township
151.4 taxable acres +/- located in Marshall County, KS - S18, T02, R07 - Marysville Township

FRIDAY, NOVEMBER 17, 2023 — 2:00 PM

Auction Location: American Legion, 310 Veterans Memorial Drive, MARYSVILLE, KS 66508

NORTH TRACT #1 ADDRESS: Located in the SW corner at the intersection of 8th Rd. & Harvest Rd., Marshall Co, KS. DIRECTIONS: From intersection of Hwy 77 & Harvest Rd. drive 1 mile west, located in SW corner, seen on westside of 8th Rd. & seen on southside of Harvest Rd.



DESCRIPTION: NE1/4 of S18, T02, R7 less two parcels of land containing 12.86 & 4.2 acres m/l, per CES Group Inc surveys, and less railroad tracks tract and right of way. Legal description is too lengthy to put into sale bill.

MS CO. APPRAISER'S ESTIMATED PROPERTY ACREAGES:
123.9 acres +/- farmland, 109.1 acres +/- cropland

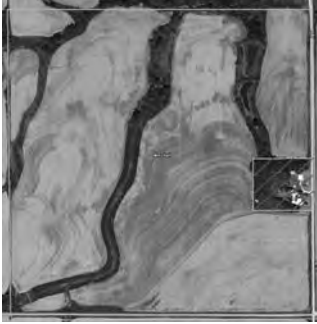
FSA ESTIMATED PROPERTY ACREAGES:
122.34 acres +/- farmland, 112.15 acres +/- cropland

*Crop Data	*Base Acres	*PLC Yield	ARC/PLC
Wheat	TBD was 32.8	37	ARC County
Corn	TBD was 17.3	83	ARC County
Grain Sorghum	TBD was 37.6	89	ARC County
Soybeans	TBD was 6.4	35	ARC County

*To Be Determined (TBD), crop data excludes acres in the triangle north of the railroad tracks

MS County Appraiser's Estimated Taxes: \$2,498.34

SOUTH TRACT #2 ADDRESS: Located in NW corner at the intersection of 8th Road & Indian Road, Marshall County, KS. DIRECTIONS: From intersection of Hwy 77 & Harvest Rd. drive 1 mile west, then turn south onto 8th Rd. for 1/2 to 1 mile, seen on westside of 8th Rd. & on northside of Indian Rd.



DESCRIPTION: SE1/4 of S18, T02, R7 less parcel of land containing 5.09 acres more or less. Legal description is too lengthy to put onto sale bill.

MS COUNTY APPRAISER'S ESTIMATED PROPERTY ACREAGES:
151.4 acres +/- farmland, 127.2 acres +/- cropland

FSA ESTIMATED PROPERTY ACREAGES:
151.66 acres +/- farmland, 137.03 acres +/- cropland

Crop Data	Base Acres	PLC Yield	ARC/PLC
Wheat	46.4	37	ARC County
Corn	15.4	83	ARC County
Grain Sorghum	33.7	89	ARC County
Soybeans	22.0	35	ARC County

MS County Appraiser's Estimated Taxes: \$3,261.00

These two tracts provide excellent locations for farming, residing, hunting & investing!
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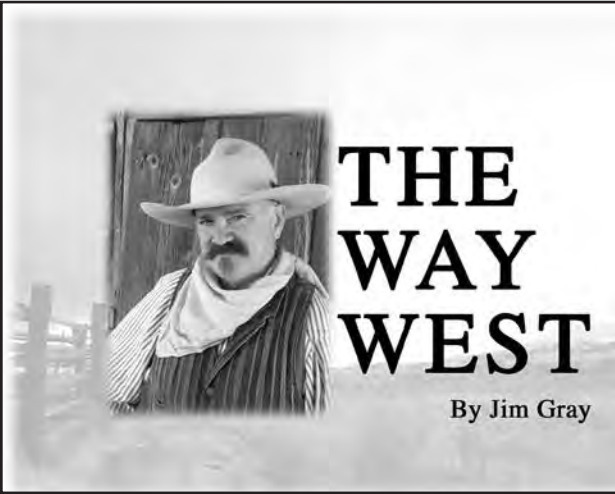
TAXES: Seller pays 2023 taxes and prior years. Buyers will pay taxes for year 2024 and all subsequent taxes and assessments.
TERMS & POSSESSION: Cash with 10% down payment, earnest money to be paid day of auction with balance due on day of closing. **Tract #1** closing date will be on or before December 28, 2023. **Tract #2** closing date will be after January 1st, 2024 but on or before January 12, 2024. Title insurance will be used. Owner's title insurance, contract, deed, and escrow fees will be split 50/50 between buyer and seller. Possession will be given on closing date. Seller might allow buyer to work ground prior to closing.

For a copy of this sale bill visit our website at prellrealtyauction.com

ALL PERSPECTIVE BIDDERS: Properties will be sold in present condition, as is where is, without warranties or inspections by seller or broker. Bidders are urged to inspect these properties. Boundary surveys will be at the buyer's expense, if desired. Red lines on maps are approximate representation and not survey lines. Possession of the premises shall be delivered to buyer on final closing, subject to rights of the current tenants. The owner's share of 2023 crops and USDA payments, if any, will remain with the seller. Information is given from sources deemed reliable, but not guaranteed by seller or broker. The contracts were prepared on behalf of the seller, and Galloway, Weigers, & Brinegar are attorneys for the seller. Pony Express Title LLC will be the escrow agent. **Prell Realty & Auction LLC is acting as the Seller's Agent and represents the seller's interest.** Statements made day of the auction take precedence over advertisements or previous statements.

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THE WAY WEST

By Jim Gray

Waiting For Next Year

At seventy-three years of age rural America has been in distress nearly my entire life. For most readers, few can remember true good times other than an occasional year or two.

Brief History of Parity Pricing. "Politicians and agricultural leaders realized that prices for farm products were not in themselves of primary significance.

That base period identified 1910-1914 as the

"Golden Years" of rural economic equality with that of the urban workforce giving farmers the purchasing power to sustain the business of feeding the country.

In the atmosphere of unstable worldwide economic conditions war returned to Europe and in due time America was drawn into World War II.

Unfortunately, many critics of the parity system failed to realize the importance of maintaining economic equality across rural America.

production with "adjusted base prices." To soften the blow the previous floor of 90% was extended until 1950 with a varying range of 60-90% of parity after 1950.

In 1972 I began farming on a small scale, as I had grown up, with my father and uncle. With a brand-new wife and dreams as big as the night sky, all I really wanted to do was live a good life away from all the world's troubles.

America were facing, each in our own way.

In 1972, U. S. Secretary of Agriculture Earl Butz with big grain companies negotiated a Russian grain deal, leaving farmers in the dark while his buddies in the big grain companies squeezed as much grain out of the farmers as they could before the price of wheat rose to over \$5/bushel.

I remember a cow/calf conference in which a university "expert" told us, "If you are in the cattle business for the lifestyle you had better get out, because only those who operate on a business platform are going to survive."

Inflation set in. Lenders encouraged us to invest, invest. Then the bottom fell out. Farmers organized a "Tractorcade" to Washington D. C. to draw attention to the economic disaster unfolding on the farms and ranches across the country.

The early 80s played out as though we were living a nightmare that wouldn't go away. Sui-cides were reported all too often. Farm sales were nearly an everyday affair as tens of thousands of farmers lost everything.

At one time I recall going to my lender to ask for \$100 to feed my family. Finally, the lender told me I had to sell out. He had the gall to ask, "How did you get yourself into this situation?"

The water in that cauldron was boiling, but we just carried on, waiting for next year. Seems like it has always been "next year" on The Way West.

(Next Week - Living the Dream)

"The Cowboy," Jim Gray can be reached at 220 21st RD Geneseo, KS. Phone 785-531-2058 or kansacowboy@kans.com.

Farmers & Ranchers

AUCTIONS EVERY MONDAY & THURSDAY

Selling Cattle every Monday Hog Sales on 2nd & 4th Monday of the month only!

TOTAL FOR THE WEEK: CATTLE - 5,515

Table with columns for Bulls, Heifers, and Cows, listing various breeds and prices. Includes sections for 'MONDAY, NOVEMBER 6, 2023 CALVES' and 'THURSDAY, NOVEMBER 9, 2023 STEERS'.

Livestock Commission Co., Inc. Salina, KANSAS

SALE BARN PHONE: 785-825-0211 MONDAY - CATTLE • HOG SALE 2nd & 4th MONDAY

THURSDAY - CATTLE ONLY Selling starts at 10:00 a.m. Consign your cattle as early as possible so we can get them highly advertised.

AUCTIONEERS: KYLE ELWOOD, BRANDON HAMEL & GARREN WALROD

For a complete list of cattle for all sales check out our website www.fandrivelive.com

CATTLE USA.com LIVE CATTLE AUCTIONS. FARMERS & RANCHERS HAS SWITCHED BACK to Cattle USA.com for our online auctions. Table with columns for various cattle types and prices.

Early Consignments For THURSDAY, NOV. 16, 2023

150 black steers & heifers, worked, weaned; 55 black steers, 700-800, wean 45 days, home raised, vaccinated; 65 steers & heifers, 600-700, home raised, fall vaccinated; 80 black steers & heifers, 500-600, home raised, off cow, spring vaccinated; 20 black steers, 30 days weaned, 2 round vaccinations, bunk broke; 120 black steers & heifers, 550-700, home raised, fall vaccinated; 40 steers & heifers, 500-600, off cow, off grass, spring vaccinated; 12 mix steers & heifers, 600-750, off cow, spring vaccinated, open; 62 mix steers, 875's, no sort; PLUS MORE BY SALE TIME.

SPECIAL COW SALE! TUESDAY, NOVEMBER 21, 2023 (11 AM Start) Get Your Cattle CONSIGNED!!

BULLS: 7 yearling-18month, red Angus, semen & trich checked; plus more by sale time. REPLACEMENT HFRS: 9 registered Angus, OCHV'd, pelvic exam, 2 round; plus more by sale time. BRED HFRS: 20 Angus heifers, all Northern origin, all Schlessiger branded, bred to Proven easy calving Angus bulls; 50 Angus heifers, HR or Doyle Creek Angus origin, AI bred, 45 day clean up; 9 registered Angus heifers, bred registered Angus bulls; 250 black heifers, all Montana origin, bred to black LBW bulls, calving January 25 for 45 days; 25 Sim/Angus heifers, 15 AI bred to Select sire CE Sim/Angus M4 Predictable- February 10, 10 bred clean up bull CE Sim/Angus M4 Ironwood, calving February 20- March 30; plus more by sale time.

NO SALE THURSDAY, NOVEMBER 23 Have a Wonderful & Safe Thanksgiving

SPECIAL Wean/Vacc SALE! TUESDAY, DEC. 5, 2023 (11 AM Start) Get Your Cattle CONSIGNED!!

Expecting 2,500 Head, that have been weaned a minimum of 30 days and 1 round of fall vaccinations. FOR A COMPLETE LISTING, PLEASE VISIT OUR WEB PAGE at fandrivelive.com

UPCOMING SPECIAL SALES

SPECIAL COW SALES: Tuesday, November 21 * Tuesday, December 19 WEANED/VACC SALES: Tuesday, December 5 * Tuesday, January 2 * Tuesday, January 9 * Tuesday, February 6 KANSAS BUFFALO ASSOCIATION SALE: Saturday, December 2

IN STOCK TODAY:

Heavy Duty Round Bale Feeders • Heavy Duty Feed Bunks

For Information or estimates, contact:

Mike Samples, Sale Mgr., Cell Phone 785-826-7884 Kyle Elwood, Asst. Sale Mgr., Cell Phone 785-493-2901

Check our listings each week on our website at www.fandrivelive.com

Contact information table for Jim Crowther, Lisa Long, Cody Schafer, Kenny Briscoe, Kevin Henke, Austin Rathbun, Roxbury, KS, Ellsworth, KS, Durham, KS, Lincoln, KS, Agenda, KS, Ellsworth, KS.

