



Geary County

K-STATE RESEARCH AND EXTENSION NEWS

March 2025

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Farm Bill & Crop Insurance Options

Kyler Langvardt, Ag & Natural Resources Agent

Kansas State University agricultural economists are encouraging farmers to make time now to fully think through their options in advance of upcoming deadlines for federal farm and crop insurance programs that can offer financial assistance.

Farm economist Robin Reid said the deadline for two of those programs – Agriculture Risk Coverage and Price Loss Coverage – was pushed back a month this year to April 15. The deadline to apply for crop insurance remains March 15.

ARC provides payments to farmers when the actual county revenue for their base crop acres is less than a guarantee based on historical yields and prices. PLC is a program that provides payments when the actual price for a covered commodity falls below its effective reference price.

The programs have been in place since 2014 to protect U.S. farmers from significant income losses due to fluctuations in crop prices or revenue shortfalls.

“One interesting factor going into farmers’ decisions on ARC or PLC this year is that we have higher prices as far as the benchmarks and guarantees than we’ve had in a long time,” Reid said. “That’s because these prices are based on what has happened in the market for the last five or six years.”

The Supplemental Coverage Option begins to pay when a county-based loss

falls below 86% of its expected level. The Enhanced Coverage Option, which has only been available since 2021, provides additional county-based coverage for a portion of the underlying crop insurance policy deductible. Farmers have a choice to purchase an ECO that pays at 90% or 95% trigger levels.

“These programs are designed so that the producer comes out ahead in the long run, but you are going to be paying a higher premium, and might go a couple years without a payment,” Ifft said.

“The potential benefits are that if a producer wants a higher coverage level, using SCO or ECO can be more affordable than bringing your underlying policy up to an 85% coverage level. Also, the SCO and ECO are more sensitive to price declines, so they’re going to provide more price protection than underlying revenue protection policies that most producers use.”

**Call our office for
your crop
insurance or
ARC vs PLC
Questions before
April 15th**

Potential Substitutes for Baking

Renaë Riedy, Family and Consumer Sciences Agent

With the current price of eggs, you may be looking for a substitute for eggs in your baking. This may change the texture, color or the taste slightly. The fewer eggs in a recipe, the easier substituting is. Also, note what the egg's role is in the recipe. A whole egg can provide leavening, moisture or binding of the ingredients together. If it only calls for yolks, look for a binding substitution and if it calls for whites, look for leavening/moisture. If a recipe calls for two eggs for example, consider two different categories (leavening, binder or moisture) instead of just one type of substitute.

In baking, consider a few of the following substitutes:

One Egg =

Leavening:

2 Tbsp water +1 Tbsp oil +2 tsp baking powder

¼ cup seltzer/carbonated water

1 Tbsp vinegar + 1tsp baking soda

Binder:

1T ground chia seed or flax seed meal + 3 Tbsp water (seeds may be visible and let the chia or flax/water mixture sit for 10-20 min)

3 T peanut butter or other seed/nut butters

2 Tbsp mashed potatoes

Moisture:

¼ cup applesauce or mashed banana (best for quick breads)

¼ c yogurt or buttermilk or milk or sweetened condensed milk

For more ideas, the University of Wyoming Extension and University of Maine Extension have articles on egg substitutes in baking and cooking at <https://uwyo.edu>, <https://extension.umaine.edu/food-health> (search egg substitutes) or contact our office.

More Estate Planning Tips



Renaë Riedy, Family and Consumer Sciences Agent

Last month information about wills, power of attorneys and advanced health care planning was shared. This month our focus will be on K-State Research and Extension's (KSRE) publications to help you get organized. Our Valuable Records-in the KSRE Bookstore under MF685, provides a form fillable document to start recording important information such as your heirs, banker, financial advisor, attorney, assets and debts, open accounts, digital assets and so on.

Other publications that may be helpful include MF3467 Estate Planning Overview, MF3468 Estate

Planning Terms, MF 3453 Estate Planning Goals, MF3454 What your Attorney Should Know, MF 3591 Digital Estate Planning, MF3122/MF3123 Decisions After Death and MF 3699 Checklist for After a Death.

These publications are free and available for download on the KSRE bookstore-- <https://bookstore.ksre.ksu.edu/> or by stopping by the Geary County K-State Research and Extension office.



4-H DAY WAS HELD IN FEBRUARY FOR MEMBERS TO SHOWCASE THEIR PROJECTS AND SKILLS

Early Work on Garden Vegetables



Kyler Langvardt, Ag & Natural Resources Agent

Warmer days are in the near-term forecast, and many people are eager to get back to gardening. Kansas State University horticulture expert Cynthia Domenghini said early work can begin on vegetables like peas and lettuce.

“If you are tired of winter and hunger for spring, try planting peas as soon as the soil dries and the temperature reaches 40 degrees Fahrenheit,” Domenghini said.

There are many varieties to choose from in Kansas. Domenghini suggests early maturing varieties with resistance to powdery mildew.

“Early maturing types allow us to harvest a crop before the hot weather arrives and stops production,” Domenghini said. She added that plant size should be a consideration when selecting varieties.

As for snow peas, commonly used in stir-fry, Domenghini suggests Dwarf Grey Sugar and Mammoth Melting Sugar.

Sugar snap peas share a resemblance with shelling peas but have a thick, fleshy pod that can be eaten like

snow peas, pod and all. Sugar Bon, Sugar Ann, Super Sugar Snap and Sugar Sprint are recommended by Domenghini.

Domenghini said peas should be planted shallow, about one-half inch deep to encourage rapid germination and emergence, and seeds should be spaced 2 inches apart in a row.

“Many people plant two rows 6-8 inches apart so the floppy plants can support one another,” Domenghini said. “For some older varieties, this may not be enough. They may need trellising to support the growing vines. You might consider installing fence to keep rabbits away.”

Peas are not the only vegetable that gardeners can begin work on, Domenghini said lettuce can be started from transplants now.

“Though lettuce is most often planted directly from seed in late March to early April, it can be started from transplants,” Domenghini said. “Transplants allow lettuce to mature earlier so that it escapes heat that can lead to a strong flavor and bitterness.”



Kansas Garden Guide

Average Expected Planting Calendar

All planting windows are approximate and may need to be adjusted earlier or later depending on the weather each season, varieties chosen, preferred harvest quality, and your location in Kansas.

Primary expected planting window for most of Kansas

Marginal possible planting window depending on conditions

	March				April				May				June				July				August				September				October				November			
	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Asparagus																																				
Rhubarb																																				
Beans, bush																																				
Beans, pole																																				
Beets																																				
Bok choy																																				
Broccoli																																				
Brussels sprouts																																				
Cabbage																																				
Chicories																																				
Chinese cabbage																																				

Explore the Kansas Garden Guide for a Planting Calendar



OVER 50 MEMBERS GAVE PROJECT TALKS, READINGS, AND MORE THAT SHOWCASED THEIR TALENTS!

UPCOMING EVENTS:

Food for Thought Luncheons

Join Geary County Farm Bureau Association and Geary County K-State Research and Extension for our Food For Thought Series, featuring pond/water resource management! Events will be held at the Grandview Plaza Community Center (406 State Ave, Junction City). Attend Thursday March 20th - Session #2 with Joe Gerken focused on Pond/Water Management. Register by calling the Extension office at 785-238-4161.

Stay Strong Stay Healthy:

Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active. Join us for this 8 week class 9:30-10:30am at the Geary County 4-H/Senior Center starting April 2. Instructor-led classes will be April 2, 4, 9, 11, 16, 18, 23, 25, 28, 30 and May 5, 7, 12, 14, 19 and 21. Participation is encouraged every M/W /F for maximum benefit. Class size is limited, so please call 785-238-4161 to reserve your spot.



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