

# Why should we grill?

According to a recent poll, most of us think that cooking outdoors is easy, costs less, is more economical than dining out and encourages time outdoors.

My three favorite reasons to grill are: 1) it tastes good, 2) I don't have to heat up the kitchen, and 3) cleanup is easier.

When done right, grilling meat and poultry is a healthy option because the excess fat drips away. Just avoid flame-ups and remove charred areas from meat before eating to avoid the development of potential carcinogens (cancer causing substances).

Hot dogs and hamburger are frequently on sale. Take advantage of special bulk prices on ground beef and make your own patties. Lay your patties on a wax paper lined cookie sheet so they don't stick together, freeze completely, and then transfer them to a freezer container for storage. This way you can take out as many as you

Home ed  
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need for one grilling session.

Hot dogs and smoked bratwurst are easy to prepare because they are already fully cooked. Just keep them cold until you are ready to grill and then make sure they are thoroughly reheated and steaming hot. Fresh sausages, like fresh Italian and fresh bratwurst, need to be cooked slowly and evenly over mature coals until the sausage is gray throughout and an instant-read thermometer inserted into the sausage reads 160°F for meat sausage and 165°F for poultry sausage. Fresh sausage may be parboiled in water for 15 minutes

and then grilled. However, grilling should immediately follow parboiling; interrupted cooking is not recommended.

Hamburgers are more difficult. The trick is to get them to medium (160°F) doneness, until no longer pink in the center and juices show no pink color, without getting them charred on the outside. It is not safe to eat rare hamburger because the process of grinding distributes any E. coli or other bacteria throughout the meat. And now experts say the color of meat is no longer considered a reliable indicator of ground beef safety. A meat thermometer is the most reliable way to reduce risk of food-borne illness. Cook burgers to 160 degrees and put them on a clean plate or platter.

If you have questions, please feel free to contact your local K-State Research and Extension Office or e-mail [twwatts@ksu.edu](mailto:twwatts@ksu.edu).

# We learn to live with the dark clouds and Rhode Island Reds

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Backyard gardeners around Northwest Kansas might be interested in contacting their friendly insurance agent about buying some hail insurance. It would seem that a greater percentage of gardens have received a little taste of ice this spring.

My icy experience came a couple of weeks ago when my garden felt nature's wrath with a shallow white blanket, which actually didn't inflict as much damage as first thought. That was followed about a week later with a driving two inch rain downpour that effectively washed out a few recently planted cucumber and cantaloupe seeds that were about to sprout.

And so, after nearly a full month of just a few sprinkles of liquid sustenance, High Plains skies began to open up with all kinds

of May surprises.

Those of us who have lived in this country for several decades should not be surprised by these types of shenanigans. Seldom does a growing season pass by without some sort of natural obstruction. The weather is nearly always the culprit, although battles with insects and even wild animals can also lay waste to some very productive gardens. In fact, many of us have probably had years when some of our own domesticated friends have inflicted unexpected damage out there by digging in places where we ask them not to dig. I remember one year back in the day when I kept a few Rhode Island Red laying hens and somebody left their gate open, (I think it was me.). Before the day was over, those birds had not only scratched out two rows of sweet corn and even ate the seed!

Most gardeners in this country, much like their farmer friends, have learned to roll with the

punches. Very few of us escape the growing season without some sort of setback, either natural or man made. We learn from the experience and do what we can and try to prepare for whatever surprises might confront us in the future.

And now comes the season of serious production! Some of us who toil in the backyard are enjoying a wonderful green salad almost every evening from our spinach and lettuce patch. The radishes and green onions offer us the true taste of a spring garden. The asparagus and rhubarb have done their part to provide us with the rich traditional tastes that our forefathers enjoyed. Soon, there will be fresh garden peas, and hopefully some small new potatoes to add to the early season's abundance.

The serious work begins now. Enjoy the ride, and always be aware of dark clouds and Rhode Island Reds.

# Get your grill on!

Hey crew! Summer is almost here and it's time to pull the grill out of winter storage and have some backyard fun. We can't think of a better idea than throwing some beef or any meat on the grill and enjoying a nutritious meal that both family and friends will enjoy. Maybe just invite the ball team over for a burger and spice it up a little. Karen Shepard (Graham County FCS Agent) & Bronc Barrows (Golden Prairie Extension District Agent) will entertain you and show some new cuts of beef available at your local grocery store. You will receive

ideas about some different rubs and marinades options. Correct grilling times will also be covered in this program, so come get some ideas on how to safely enjoy the beef experience on a budget that doesn't break the bank.

This program will be Thursday, June 9 at 5:30 pm at the Norton County 4-H Building, and is sponsored by the Twin Creeks Extension District and K-State Research & Extension. This program requires pre-enrollment so please call the Extension Office at 785-877-5755 by Wednesday, June 8th.

# Soil Health and Wealth program here on Thursday

Soil Health and Wealth program will be held June 9th at 9:30 a.m. at the Norton County 4-H Building located at 126 Park Street.

The program will be covering the following topics: managing soil fertility using cover crops, crop rotation, transitioning to organic crop production and marketing organically grown crops.

The presentations will be held by DeAnn Presley, K-State Research and Extension Soil and Water Conservation Specialist, Ed Reznicek, General Manager for Kansas Organic Producers As-

# A day out fishing



Heaven Peters spends her afternoon at Sebelius Reservoir doing some fishing, enjoying the warm weather and relaxing. She had some luck but had to return the fish to the water as they were not big enough.

– Telegram photo by Dana Paxton

# Couple celebrates 50 Years

Mr. and Mrs. Ron Callaway of Larned are celebrating their 50th wedding anniversary. A reception will be held for the couple on Saturday, June 11 from 3-5 p.m. at the Rozel Community Center in Rozel, KS. The couple requests no gifts. Cards may be sent to them at 217 E 21st, Larned, KS 67550.

Children of the couple are Pam Hagerty and husband, Scott, of Rozel; Jeff Callaway and wife, Janette, of Alma; and Steve Callaway of Alma. The couple also has six grandchildren.

Ron Callaway and Linda "June" Boyer were married on June 10, 1961 in Ionia, KS.

# Student News

Air Force Airman Kyle J. Richard graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

He is the son of Howard Richard of Highway Contract Route 63, Edmond.

Richard graduated in 2002 from Logan High School.

# Sign-up is available for State Cost Share

Norton County Conservation District will be taking applications for Water Resource and Non-Point Source Pollution practices for State Cost Share through June 6, 2011.

Water Resource practices include critical area planting, range planting, wells, terraces, terrace rebuilds, and pipelines. Practices for Non-Point Source include failing septic systems, wells for livestock, water supply and plugging abandon wells.

If you are interested in applying for any of these cost share practices, please call the Conservation District at 785-2623, Ext 40 or stop by the office at 11506 Pineview Dr., Norton.

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