







water and soap for at seconds before and after handling food. Promptly clean utensils after using them.

Separate. Don't cross-contaminate by putting cooked food on a plate that previously held raw food.

Are all yogurt brands created equal? Not exactly, a nutritionist says

By Mary Lou Peter

Greek Probiotic. Live culture. Heat-treated. The verbals consumers can demand. A Kansas State University scientist said while there are differences in the array of yogurts, most aid digestibility and nutritional benefits.

"The nutrient content differs kind of brands of yogurt, a lot depending on carbohydrates/sugars, fat and nutrients," said Mary Huggins, human nutrition specialist, Kansas Research and Education Program.

immediately before the food goes on the hot grill. The thermometer properly checks the temperature of food to use a food thermometer. Albrecht said. Insert thermometer in the thickest part of the meat. Cook poultry until it reaches 165 degrees F. and ground

meat, poultry, eggs, cooked food or cold foods, and vegetables sit at room temperature for more than two hours—refrigerate them promptly. If food has been left at temperatures over 90 degrees F for more than an hour, it should be discarded.

Journal photo

Are all yogurt brands created equal? Not exactly, a nutritionist says

brands, so that you know what you're getting."

"Plain fat-free yogurt (regular or Greek) has the lowest amount of fat compared to flavored types (higher fat yogurt), and has no added sugars and is a good food choice. Regular yogurt made with whole milk has the most saturated fat, followed by yogurt, followed by plain flavored yogurt. Flavored yogurts have the most carbohydrates."

"A serving of almost any yogurt provides protein, calcium, riboflavin and zinc and, if plain, potassium and magnesium," Huggins said. "She noted, however, that she has not seen any research that has been done to make an evidence-based recommendation on whether the use of probiotic bacteria are beneficial, nor to give advice on how much or how often they should be eaten to maximize those effects."

Huggins cautions against eating

Drug Administration regulate how Greek yogurt is made. Most yogurt is made from skim milk to remove lactose and lactose. It is used by some manufacturers to add whey protein to their yogurt (such as greek yogurt) to reduce the amount of lactose.

"To be more in control of the ingredients, buy plain yogurt made with just milk and live cultures. If desired, flavor it yourself with fruit (chunks, chopped, crushed, pureed, juiced) or mashed avocado, or a small amount of unsweetened cocoa, strong brewed coffee, mint, dill, basil, garlic, vanilla extract, or maple flavoring."

Use plain yogurt as a healthy substitute for sour cream, mayonnaise, or butter in cooking and baking.

Babies under the age of 6 months should not be given yogurt. Health experts advise offering plain pasteurized whole-milk yogurt to children ages 6 months to 2 years old.

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Journal photo
Milk and grain strand
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and quantity requirements in most profitable manner, as can buyers to me value-driven purchases.

To give those

look at U.S. wheat

commodity trade to

Algeria and A

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by Mina El Hachimi, Administrat

breeding, milling, transportation and export logistics.

"Although this is not a new market for Montana, this was a

fun, unique team for us to ho

said Colleen Watters, MWBC

executive vice president.

"It was eye-opening for us to learn

about the specifications they are

interested in for durum, and for

the color specifications that market demands.

The team was impressed by the level of research and communication throughout the entire wheat industry.

"I will share information

with my own colleagues about

importance U.S. wheat has

place on research and develop

gram was especially important to us because it represents our largest durum market outside Italy," said Mina El Hachimi, MWBC executive vice president. "These buyers have specific quality needs, specifically high semolina color. We have strong competitive market based on cost."

sales to Algeria. May 18 in marketing /17 (June to May) are metric tons or 4.7 million bushels versus 89.81 metric

3 million bushels at the end of the last year, and Olson said that the customers had feedback on the quality. He also shared that

Frank Manahan, Director of Durum Varieties in the U.S., said good

durum varieties in the U.S. help

most years. C

experts believe that

the durum

is good

for the durum

industry.

John Deere, Inc.



2017 Bayer Irrigated Corn Foliar Fungicide - Kansas River Valley Experiment Field, Rossville, KS

Product	Rate oz acre ⁻¹	Timing	Yield bu acre ⁻¹	Moisture %	Test Weight lb bu ⁻¹
Untreated Check	-----	-----	227.4 a*	17.9 b	58.5 a
Stratego YLD	4 oz	VT/R1	232.7 a	18.5 b	58.2 a
USF 0728	8 oz	VT/R1	235.7 a	18.4 b	58.1 a
Stratego YLD	4 oz	VT + 7 days	233.0 a	18.3 b	58.7 a
Stratego YLD	4 oz	VT + 14 days	216.6 a	20.0 a	56.7 b
Average			225.9	18.3	58.2

* Means within a column followed by the same letter are not significantly at P=0.05.

2017 Bayer Dryland Corn Foliar Fungicide - Kansas River Valley Expt. Field, Silver Lake, KS.

Product	Rate oz acre ⁻¹	Timing	Yield bu acre ⁻¹	Moisture %	Test Weight lb bu ⁻¹
Untreated Check	-----	-----	229	16.9	60.1
Stratego YLD	4 oz	VT/R1	206	16.7	59.8
USF 0728	8 oz	VT/R1	244	17.1	59.9
Stratego YLD	4 oz	VT + 7 days	243	17.1	59.9
Stratego YLD	4 oz	VT + 14 days	246	17.4	59.9
Average			234	17.0	59.9
LSD P=0.05			NS	NS	NS















2017 DuPont FeXapan in conventional-till 2-pass programs for RR2X soybeans Silver Lake, Kansas.

Treatment	Rate	Pre-Emerge									Post Emerge												
		14 DAP			31 DAP			14 DAT			31 DAT			42 DAT									
		PA	MG	GiFT	PA	MG	GiFT	PA	MG	GiFT	PA	MG	GiFT	PA	MG	GiFT	PA	MG	GiFT				
weed control, %												weed control, %											
Trivence fb	8 oz																						
Abundit Edge + Fexapan	fb 22 oz + 22 oz	100	100	87	89	100	40	95	97	94	99	95	99	99	93	99	99	93	99				
Trivence fb	8 oz																						
Abundit Edge + Fexapan + Cinch	fb 22 oz + 22 oz + 1 pt	99	99	99	99	98	64	100	96	95	100	100	98	100	99	98	100	99	98				
Envive fb	3.5 oz																						
Abundit Edge + Fexapan	fb 22 oz + 22 oz	99	98	91	98	91	88	99	96	96	96	100	100	100	96	100	100	96	100	100			
Envive fb	3.5 oz																						
Abundit Edge + Fexapan + Cinch	fb 22 oz + 22 oz + 1 pt	100	96	96	99	93	78	99	97	99	98	100	100	100	98	100	100	98	100	100			
Canopy + Cinch fb	6 oz + 1 pt																						
Abundit Edge + Fexapan	fb 22 oz + 22 oz	99	96	99	98	98	91	99	98	99	100	100	100	100	100	100	100	100	100	100			
Canopy + Cinch fb	6 oz + 1 pt																						
Abundit Edge + Fexapan + Cinch	fb 22 oz + 22 oz + 1 pt	100	100	95	100	94	95	100	99	99	100	100	100	100	100	100	100	100	100	100			
Authority XL + Metribuzin fb Flexstar GT	6 oz + 8 oz fb 3.5 pt	100	96	98	100	98	80	100	98	97	100	100	100	100	100	100	100	100	100	100			
Untreated Check		--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--				
LSD _(0.05)		NS	NS	9	8	6	40	3	NS	3.5	3	2	1.5	3	2	1							

2017 DuPont FeXapan in conventional-till 2-pass programs for RR2X soybeans Silver Lake, Kansas.

Treatment	Rate	Pre-Emerge	Post Emerge	Yield
		weed control, %		bu acre ⁻¹
Trivence fb Abundit Edge + Fexapan	8 oz fb 22 oz + 22 oz	89	97	82 ab
Trivence fb Abundit Edge + Fexapan + Cinch	8 oz fb 22 oz + 22 oz + 1 pt	93	98	77 ab
Envive fb Abundit Edge + Fexapan	3.5 oz fb 22 oz + 22 oz	94	98	71 bc
Envive fb Abundit Edge + Fexapan + Cinch	3.5 oz fb 22 oz + 22 oz + 1 pt	94	99	84 a
Canopy + Cinch fb Abundit Edge + Fexapan	6 oz + 1 pt fb 22 oz + 22 oz	97	100	80 ab
Canopy + Cinch fb Abundit Edge + Fexapan + Cinch	6 oz + 1 pt fb 22 oz + 22 oz + 1 pt	98	100	79 ab
Authority XL + Metribuzin fb Flexstar GT	6 oz + 8 oz fb 3.5 pt	95	100	74 abc
Untreated Check		0	0	64 c
Average				76.4



2017 DuPont Soybean Weed Resistance Management, Silver Lake, Kansas.

Treatment	Rate	Pre-Emerge						Post Emerge						
		14 DAT			27 DAT			17 DAT			28 DAT			
		PA	MG	GiFT	PA	MG	GiFT	PA	MG	GiFT	PA	MG	GiFT	
weed control, %												weed control, %		
Canopy + Cinch fb Liberty 280 + Cinch	6 oz + 1.25 pt fb 29 oz + 1 pt	100	100	100	96	98	68	100	100	100	99	100	100	100
Canopy + Zidua fb Liberty 280 + Cinch	6 oz + 1.5 oz fb 29 oz + 1 pt	100	98	100	98	96	95	100	100	100	100	100	100	99
Canopy + Boundary fb Liberty 280 + Cinch	2 ¼ oz + 1.5 pt fb 29 oz + 1 pt	100	100	100	96	94	99	99	100	100	99	100	100	98
Trivence fb Liberty 280 + Cinch	8 oz fb 29 oz + 1 pt	100	99	100	93	98	90	100	100	100	100	100	100	99
Trivence + Zidua fb Liberty 280 + Cinch	8 oz + 1.5 oz fb 29 oz + 1 pt	100	100	100	95	93	86	100	100	100	100	100	100	98
Combo 776*	0.9 oz + 6.3 oz + 1.8 oz	100	100	99	99	96	79	100	100	100	100	100	100	98
fb Liberty 280 + Cinch	fb 29 oz + 1 pt													
Combo 776 + Zidua fb Liberty 280 + Cinch	0.9 oz + 6.3 oz + 1.8 oz + 1.5 oz fb 29 oz + 1 pt	100	100	100	100	97	97	100	100	100	100	100	100	99
Combo 710** + Cinch fb Liberty 280 + Cinch	1.15 oz + 6.1 oz + 1.25 pt fb 29 oz + 1 pt	99	100	100	90	86	89	98	100	100	98	100	100	95
Combo 710 + Zidua fb Liberty 280 + Cinch	1.15 oz + 6.1 oz + 1.5 oz fb 29 oz + 1 pt	100	98	100	98	94	95	100	100	100	99	100	100	99
Envive fb Liberty 280 + Cinch	3.5 oz fb 29 oz + 1 pt	100	100	96	99	96	94	100	100	100	100	100	100	99
Boundary fb Liberty 280 + Cinch	2 pt fb 29 oz + 1 pt	100	100	100	91	85	84	100	100	100	100	100	100	97
Untreated Check	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Average		99	99	99	96	94	89	99	100	100	99	100	100	100
LSD _(0.05)		1.1	1.5	1.5	9.2	NS	20	1.2	NS	NS	1.2	NS	NS	NS

2017 DuPont Soybean Weed Resistance Management, Silver Lake, Kansas.

Treatment	Rate	Preemergence	Post emergence	Yield
				% weed control
				bu acre ⁻¹
Canopy + Cinch	6 oz + 1.25 pt			
fb Liberty 280 + Cinch	fb 29 oz + 1 pt	94	100	77.5 ab [†]
Canopy + Zidua	6 oz + 1.5 oz			
fb Liberty 280 + Cinch	fb 29 oz + 1 pt	98	100	77.7 ab
Canopy + Boundary	2 ¼ oz + 1.5 pt			
fb Liberty 280 + Cinch	fb 29 oz + 1 pt	98	99	68.6 b
Trivence	8 oz			
fb Liberty 280 + Cinch	fb 29 oz + 1 pt	97	100	78.9 ab
Trivence + Zidua	8 oz + 1.5 oz			
fb Liberty 280 + Cinch	fb 29 oz + 1 pt	96	100	83.7 a
Combo 776*	0.9 oz + 6.3 oz + 1.8 oz			
fb Liberty 280 + Cinch	fb 29 oz + 1 pt	95	100	77.0 ab
Combo 776 + Zidua	0.9 oz + 6.3 oz + 1.8 oz + 1.5 oz			
fb Liberty 280 + Cinch	fb 29 oz + 1 pt	99	100	79.6 ab
Combo 710** + Cinch	1.15 oz + 6.1 oz + 1.25 pt			
fb Liberty 280 + Cinch	fb 29 oz + 1 pt	94	99	75.5 ab
Combo 710 + Zidua	1.15 oz + 6.1 oz + 1.5 oz			
fb Liberty 280 + Cinch	fb 29 oz + 1 pt	98	100	78.3 ab
Envive	3.5 oz			
fb Liberty 280 + Cinch	fb 29 oz + 1 pt	97	100	74.7 ab
Boundary	2 pt			
fb Liberty 280 + Cinch	fb 29 oz + 1 pt	93	100	73.9 ab
Untreated Check		0	0	55.1 c‡
Average				75.0









Soybean Fungicide and Insecticide Effect on Soybeans at Silver Lake, KS

Treatment	Rate	Efficacy, %		Soybean		
		oz acre ⁻¹	diseased leaf, %	bu acre ⁻¹	%	lb bu ⁻¹
Aproach Prima	6.8	0.8 b*	54**	69	10.3	55.3 a
Aproach Prima + Prevathon	6.8 + 14	0.8 b	56	71	10.3	54.8 bc
Trevo Prop	10.5	1.0 b	58	67	10.4	54.7 bc
Quilt Xcel	10.5	0.8 b	60	68	10.3	55.2 ab
Trevo Prop + Warrior II	10.5 + 1.9	0.5 b	64	69	10.2	55.2 ab
Untreated Check	--	5.5 a	53	67	10.2	54.5 c
Average				68.4	10.3	55
LSD (P=0.05)				NS	NS	

* Frog eye leaf spot was the only disease showing and was very light.

** At 28 days SDS had moved into the plots making accurate assessment ratings for any of the other diseases impossible.

USA-17-612 (PRA-17-051) WGX17 SB Foliar Disease - Silver Lake, KS

Treatment	Rate	Soybean		
		Yield bu acre ⁻¹	Moisture %	Test Weight lb bu ⁻¹
Experimental 1	7.1	59 b*	10.4	55.0 a
Experimental 1	8.1	57 b	10.3	54.8 ab
Experimental 1	8.8	59 b	10.4	54.4 ab
Experimental 2	8.9	59 b	10.3	54.5 ab
Experimental 2	10.3	58 b	10.3	54.4 ab
Experimental 2	11.1	59 b	10.4	54.8 ab
Aproach Prima	6.8	58 b	10.3	54.7 ab
Stratego YLD	4.0	69 a	10.3	55.0 a
Stratego YLD	4.65	53 b	10.4	54.9 ab
Quadris Top SBX	7.0	60 b	10.4	54.0 b
Untreated Check	--	61 ab	10.4	55.1 a
Average		59	10.4	54.7

* Means within a column followed by the same letter are not different at the P=0.05 level of significance.



Lab ID	Sample ID	%N	%P	%K	%Ca	%Mg	%SO ₄ -S	Cu ppm	Fe ppm	Mn ppm	Zn ppm
100514	good wheat flag leaf	2.45	0.212	2.32	0.266	0.100	0.138	3.7	57.0	58.4	13.9
100515	bad wheat flag leaf	2.72	0.272	1.95	0.219	0.105	0.067	3.2	97.8	62.7	25.2







Julia Colleen

Eleanor Anne