



4-H Grows Here

4-H, the nation’s largest youth development organization, grows confident young people who are empowered for life today and prepared for career tomorrow. The Post Rock District is home to 373 members in 16 community clubs. For more than 100 years, 4-H has stood behind the idea that youth is the single strongest catalyst for change. What began as a way to give rural youth new agriculture skills, today has grown into a global organization that teaches a range of life skills. The research backed 4-H experience grows young people who are four times more likely to contribute to their communities; two times more likely to make healthier choices; and two times more likely to be civically active.



Right here in the Post Rock District we are working with youth to grow confidence, courage, responsibility, creativity, and teamwork. For more information about how you can get involved go to www.JoinKansas4-H.org.

Crop Nutrient Management

The development of sound nutrient management plans are critical to not only increase yield, but to sustain profitability for the family farm. K-State Research and Extension along with the Post Rock Extension District provides Soil Testing through the Soil Testing Laboratory on campus in Manhattan. Soil test records are an important component of a sound nutrient management plan along with several other factors including crop and cropping sequence, pest management and environmental issues. Along with the nutrient levels, we also provide individual consultations with producers in giving them specific nutrient recommendations based on their test results and their cropping situations. A total of 153 soil analysis were submitted from producers across the district. A “Crop Nutrient Update” educational meeting was also held in the district to help in the development of their nutrient management plans.



Master Gardener Program



K-STATE
Research and Extension
Master Gardener

The goal of the Post Rock Extension District Master Gardener program is to provide horticulture training to volunteers who in turn use their training to assist Extension with meeting the growing demand for horticultural information in our communities. Over 105 volunteer hours have been completed by the Post Rock District Master Gardeners this year as of October 1, 2015. These outstanding volunteers helped with youth and adult education programs, landscape design, helping plant the Prairie Star Flower trial, assisting with and judging horticulture exhibits at county fairs, and answering questions and demonstrating gardening techniques to neighbors and community members. In 2015, there were 2 new Master Gardener trainees who went through the training in February and March, adding to the ranks of volunteers. Though

volunteer activities vary widely, all activities are educational, extension-related, and represent the interests of K-State Research and Extension. These volunteers are vital to help increase Extension’s reach to the community members of the Post Rock District.

