

## Canning gauge testing offered

If you have not canned for awhile or have never canned before, it is a good idea to have the dial gauge on your pressure canner tested before the beginning of the preservation season. In fact, this should be done on a yearly basis to ensure a safely canned end product.

Tranda Watts, Multi-County Extension Specialist, will be providing free dial canning gauge testing (rocker weights do not require testing) at the following locations from 9:00 a.m. - 4:00 p.m. on the following dates:

Monday, July 8 - Golden Prairie Extension District - Wa-Keeney Office

Tuesday, July 9 - Twin Creeks Extension District - Oberlin Office

Wednesday, July 10 - Twin Creeks Extension District - Hoxie Office

**Homeed**  
**Tranda**  
**Watts,**  
**Extension**  
**specialist**



Monday, July 15 - Golden Prairie Extension District - Gove Office

Tuesday, July 16 - Twin Creeks Extension District - Norton Office

You do not have to remove the dial gauge from the lid of your pressure canner to have it tested, simply bring the lid with gauge attached for testing.

Other things to review before you begin include:

• Check the directions that come with your canner before starting to can. If you no lon-

ger have the directions or have questions about a specific canner, check with the company.

• Make sure your canning recipes follow the latest guidelines. Don't rely on old canning recipes. The recommendations for safety have changed. Depending on the type of food, ALL canning must now be canned in a boiling water canner (high acid foods) or a pressure canner (low acid foods). Significant changes in recommendations have been made in recent years which increase your chances of ending up with a safely canned food product.

If you have questions, please feel free to contact your local K-State Research and Extension Office or you may contact Tranda Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at [twatts@ksu.edu](mailto:twatts@ksu.edu) or you may

## Fun in the sun!



For over a month now the Norton Public Library has been holding events for the public and on Thursday nights they offer stuff for the seventh through twelfth grades. Last week it was over a hundred degrees and to battle the heat a water night that was previously planned fit the bill to cool off. Passing a cold dripping wet sponge over and under did the trick. Kneeling was coordinator for the event, Kama Mandl and then Abby Smith is getting a faceful of water as Lizzy Smith passes it up and over to her. There were no events scheduled for the fourth at the library so the next night of fun will be on July 11 when they hold Dirt Cup Night.

— Telegram photo by Dana Paxton

## The sweetest and tastiest carrots are revealed

**Kay Melia**

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I suppose there are very few people out there who make a habit of just sitting around thinking about carrots. But, if for any reason you do, you probably think about the classically shaped, long, tapering, pointy, orange root that Bugs Bunny has been seen chomping on for decades. But guess what, Doc! Those long pointed type of carrots are NOT the really sweet ones! Don't settle for wabbit food, especially when it's easier to grow sweeter ones in your backyard garden.

So you might say "Alright bunny breath. Just what are the sweetest and tastiest kind of carrots?" Before I reveal the secret, you should know that there are actually two "types" of carrots.

Actually, the most popular carrot purchase at the store is the small pre-packaged bag of perfectly shaped, machine formed carrots that are ready to eat. But you can't grow that kind in your garden. And you'll pay a high price for them. The common kind of carrot you see tied in bunches with their tops

still on are nearly always the cheapest to buy, and they are the "Chantenay" type.

The other type is the "Nantes" type, and more and more garden catalogs these days are featuring the Nantes type of seed. Nantes types are much shorter carrots and have blunt ends, not pointy ones.

In answer to the above question, those who deal closely with the development of good carrots generally agree that the Nantes blunt end models are much sweeter, and have much better carrot flavor than the Chantenays. Not only that, but Nantes type carrots are easier to grow in most soils because of their blunt ends, while the Chantenays force their roots deeper and are many times misshapen by rocks or other impediments.

Alright, we have more or less established that the Nantes types are sweeter than the Chantenays, so lets dig a little deeper and suggest what variety of carrot, naturally a Nantes type, tops the list of backyard gardeners.

The general feeling among those who know carrots best is that one called Touchon is the

best carrot for you to grow, and everyone should hurry down to the store and pick up a packet of Touchon seed this afternoon. Touchon carrots mature at 6 to 7 inches long in about 65 days, and are a French variety. Touchon is also an heirloom, and those who grow them are particularly passionate about their positively pronounced sweetness.

Another noticeably sweeter carrot is one called Sweetness III. It is extra crispy, crunchy, and juicier than most. It is also the best selling carrot seed packet on the market.

My favorite carrot is one called YaYa, which I believe to have more absolute true carrot flavor. It may not be quite as sweet as Touchon or Sweetness III, but I believe that if Bugs Bunny ever takes time and makes the effort to find the best, he, too will choose YaYa! I also like them because I just like to say their name!

Of one thing I am convinced; when choosing a carrot variety to plant in your garden, always choose a Nantes type instead of a Chantenay. In this case, smaller is better.

## Agriculture Secretary responds to Immigration Bill

Agriculture Secretary Tom Vilsack recently made the following statement on the Senate passage of the Immigration Bill:

"Today's strong bi-partisan vote in the U.S. Senate to fix America's broken immigration system is good news for farmers and ranchers, good news for

farm workers, and good news for rural America. The Senate plan would ensure the stable agricultural workforce that U.S. producers need in order to remain competitive with other nations and maintain our abundant, affordable food supply. For millions of farm workers who today live in the shadows,

it will provide an appropriate opportunity to earn legal status by contributing to America's agricultural economy. In addition to being a strongly pro-agriculture bill, the Senate plan would grow the U.S. economy, strengthen the Social Security system and reduce our deficit."

## Steps taken to protect water resources during projects

Kansas Department of Transportation construction staff and private contractors who work on state road projects are now required to complete a class on how to prevent storm water runoff pollution.

The class is one of several remedial actions KDOT has agreed to in response to action by the Environmental Protection Agency, which found the state in violation of the Clean Water Act. A civil action against KDOT was filed Monday.

As part of the settlement with EPA, the state will:

• Pay a fine of \$477,500;

• Implement a third-party inspection program to assure compliance with the law;

• Prepare an annual report summarizing all actions taken to improve statewide compliance and all potential National Pollution Discharge Elimination System

(NPDES) permit violations;

• Prepare a quarterly newsletter addressing storm water management issues;

• Assign designated personnel for each project to enforce storm water compliance;

• Hire a storm water compliance manager to oversee the program;

• Assure that contractors have trained personnel to manage their work and to implement appropriate measures to minimize and control sediment and other pollutants on KDOT projects.

The EPA action stems from violations on three expansion projects - U.S. 69 in Miami County five years ago, U.S. 59 in Douglas County three years ago; and the current K-18 in Manhattan.

While the alleged environmental damage wasn't quantified, EPA guidelines, including

NPDES permit requirements, weren't followed. The settlement with EPA must be approved by the Kansas federal district court after the opportunity for public comment.

"For many years now, all KDOT construction projects have included components that satisfy the federal and state erosion control requirements. Despite having those controls already in place, three recent projects were found to have violations," Deputy Secretary and State Transportation Engineer Jerry Younger said.

"Moving forward, additional procedures are being put in place and greater emphasis and accountability will be placed on KDOT staff and our contractor partners to comply with the Clean Water Act."

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<b>Norton Telegram</b>	<b>4,500 Circulation on Monday</b>
<b>Tuesday and Friday</b>	<b>1,600 Circulation</b>
<b>Oberlin Herald</b>	<b>2,105 Circulation</b>
<b>Colby Free Press</b>	<b>1,954 Circulation</b>
<b>Goodland Star New</b>	<b>1,501 Circulation</b>
<b>St. Francis Herald</b>	<b>1,237 Circulation</b>
<b>Bird City Times</b>	<b>1,028 Circulation</b>
<b>Country Advocate</b>	<b>17,600 Circulation</b>

THE NORTON  
**TELEGRAM**

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**Call Dana Paxton at 785-877-3361  
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## COLLEGE NOTES

More than 350 Kansas State University students earned graduation honors with their degrees.

Earning the university's top graduation honor, summa cum laude, were 91 students who earned an academic average of 3.95 or higher; 131 students graduated magna cum laude for an academic average of 3.85 to 3.949; and 128 students gradu-

ated cum laude for an academic average of 3.750 to 3.848. Forty-eight students earned graduation honors for multiple degrees.

Kansas State University students earning graduation honors include:

Decatur County  
Dresden: Kendra Spresser, Bachelor of Science, Cum Laude  
Norton County

Norton: KaraJo Sprigg, Bachelor of Science, Summa Cum Laude

Phillips County  
Logan: Kathryn Hartman, Bachelor of Science in Family Studies and Human Services, Magna Cum Laude

Phillipsburg: Rebecca Van Allen, Bachelor of Science in Business Administration, Summa Cum Laude

Spencer A. Shirk, Norton, is a junior at Wichita State University and was named to the Dean's Honor Roll for the 2013 spring

semester. Spencer is majoring in pre-physical therapy/exercise science.

To be named to the Dean's

Honor Roll students must complete 12 or more hours of graded coursework with a grade point average of 3.5 or higher.

Colby Community College has announced the Spring 2013 Honor Roll recipients. To earn a place on a CCC honor roll, students must earn 15 or more credit hours and have no failing grades. The Dean's Honor Roll includes students with grade point averages of 3.75-3.99. The

President's Honor Roll includes only students with a perfect 4.0 GPA.

Students named to the President's Honor Roll and their hometowns are as follows:

Norton - Leann Henderson, Valerie Elliott.

Students named to the Dean's

Honor Roll and their hometowns include:

Almena - Sheridan Sammons.

Lenora - Andrea Day.

Norton - Mary Lyles, Mercedes Thomas.

Prairie View - Gunnar Hays.