

K-State Research and Extension Walnut Creek Extension District

April 2024 WCED Monthly Newsletter

www.walnutcreek.ksu.edu

Lane County Office
144 S. Lane, Courthouse
P O Box 487
Dighton, KS 67839
620-397-2806

- Lacey Noterman, Director and Agriculture Ext. Agent
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Ness County Office
503 S Pennsylvania Ave
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- Robyn Trussel, 4-H and Youth Agent
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Rush County Office
702 Main, P O Box 70
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785-222-2710

- Jared Petersilie, Agriculture Ext. Agent - jaredp11@ksu.edu
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Upcoming Events

- 4/3 - Eating Smart - Joy Center, Dighton - 11:30 am
- 4/3 - Lane Co. Cloverbuds
- 4/6 - Ness Co 4-H Beef Weigh-in - 10 am
- 4/7 - Rush Co Beef Weigh-in - 3 pm
- 4/9 - Lane Co. Ag PDC Meeting @ Noon - Dighton Bowl
- 4/10 - Eating Smart - Ranson Sr Center - 11:30 am
- 4/10 - Ness Co. Ag PDC Meeting @ Noon - Cuppa Jo
- 4/11 - Rush Co. Ag PDC Meeting @ Noon - Jct 4 Restaurant
- 4/11 - Aging in Place - Ness City Leisure Years - Noon
- 4/11 - Aging in Place - Wheatview Apts, Ness - Noon
- 4/11 - Southwest FCE Recognition Day - Jetmore
- 4/14 - Food Frenzy Cupcake War - 2 pm
- 4/15 - Livestock County Fair Management Clinic, Zoom
- 4/16 - Delivering on the Promise, Rush Center
- 4/18 - Livestock County Fair Management Clinic, Zoom
- 4/20 - Spring into Volunteering - Salina
- 4/21 - Lane Co. 4-H Small Animal Weigh-in - 3 pm
- 4/22 - Walnut Creek District Board Meeting
- 4/22 - Celebrate Earth Day!
- 4/24 - Office Professional Appreciation Day
- 4/25 - Ness Co. 4-H Small Animal Weigh-in - 5 pm
- 4/26 - Early Dismissal Dighton Grade School
- 4/27 - Teen 4-H Leadership Conference - Cimarron
- 5/4 - Rush Co. 4-H Small Animal Weigh-in - 8 am
- 5/29 - Tractor Safety Course, Cimarron - 8am - 5pm

Maybe something about April 16th should go here! ?

What is a life skill?

There may be some formal definitions from youth development experts, but I want to share with you what I think a life skill is in the 4-H youth program.

It is having the ability to make a difference in everyday living. If a young person develops life skills, they will have what they need to respond to significant life events, both good and bad. I also think having life skills will lead a person to be a self-directing, productive, contributing member of society. I would like my children to be able to function effectively in this fast pace, ever-changing world. I think most parents want that for their children.

The five life skills for Kansas 4-H are: develop a positive self-concept, develop an inquiring mind, learn to make decisions, develop a concern for the community and learn to relate well with others.

Life skills can be learned. They take training and practice. Children are not born with a self-concept. They are born with a personality and they can learn to have a positive outlook on themselves and on life. In a positive youth program, youth hopefully receive comfort and acceptance from a group, recognition for accomplishment and a chance to share their ideas.

A child will develop an inquiring mind if interest and involvement are part of the project planning. If a child is told what project to take or told what they will participate in, their interest will most likely not be as strong. If the child is given a chance to be the a teacher and can teach others what they have learned, their skill level will be raised. In 4-H, youth are encouraged to be junior leaders at age 12 and are asked to share what they have learned with the younger members.

Youth will learn to make decisions if they are involved in planning what they want to do. As parents and adult leaders, we can make choices available and maybe even supply necessary information, but it is important to let youth make the decision about what they will do.

Our young people are our future. They will develop a concern for the community if the project work is meeting a need for society, such as providing food for a hungry world. If every youth organization includes community service as part of their yearly plan, we will continue to have someone taking care of our community.

Last but not least, our young people have to learn to relate well with others. Through the 4-H program we collaborate with Team Work projects, youth are given the chance to work with caring adults, and be part of a Community Club. Life skills are the basics to self-esteem, coping and surviving. It is our responsibility to prepare our young people for the future. Consider the 4-H program as a place for your children to learn the necessary skills for life.

Life Skills

- Basic Manners
- Make a Dinner
- Wash Dishes
- Do Their Own Laundry
- Sew on a Button
- Iron a Shirt
- Keep a Plant/Animal Alive
- How to Unclog a Drain
- Change a Tire
- Jump-start a Car
- Pump their own Gas
- Check the Oil in the Car
- Read a Map (NOT GPS)
- Write a Check
- How to Budget
- Pay their own Bills
- Write a Thank you Note
- Write a Resume/Cover letter
- How to be on Time
- Stand up for Themselves
- Basic First-aid
- How to Calculate a Tip
- Government Basics





Food Frenzy



Sunday, April 14th at 2:00pm

Rush County Extension Office

Registration Deadline: Wed. April 10th

Age groups: Junior 7-13, Senior 14 & Older

- **Foods Public Speaking** - Project Talks, Demonstrations or Public Speaking; Choose a Foods and Nutrition subject and complete one of the public speaking categories. Same rules as used at club days will be used for judging. All talks are judged on the same criteria of Club Days and the score sheets can be found at <https://www.walnutcreek.k-state.edu/4-h/club-days.html>
- **Table Setting:** for this category you will need to create a menu, have it displayed, and create a table setting for the menu you have chosen, you will need to include a centerpiece for your setting, the 4-H member will set the table setting up in front of the judge and then share what each place setting piece is used for as well as share nutritional information and knowledge learned with the judge. Contest will be judged on overall theme, correct place setting pieces, setting and menu planning knowledge.
- **Foods Photography:** following the same rules for mounting photos for county fair, exhibits will be any foods and nutrition subject matter, photos will be judged on photography judging standards as well as selection of subject.
- **Food Poster-** Any Foods and Nutritional subject matter (food safety, food group, nutrition, food promotional, etc), Poster will be judged on educational knowledge and creativity in planning and layout of the poster.

Cup-Cake Wars:

- Each 4-Her will compete as an individual in their age group.
- Each 4-Her will decorate 2 cupcakes in each of three mystery rounds, where they will receive a theme and a challenge.
- Each 4-Her will present each round of cupcakes to the judge where they are judged on their creativity, executing challenge and use of theme.

Watch the Walnut Creek District
4-H Facebook Page
for fun cupcake ideas,
photography tips,
table setting themes
and nutritional poster topics.



Preparing and Selling Food

Small food producers should follow safety guidelines when preparing and selling food.

As farmers markets in Kansas continue to grow and local foods sold directly to consumers increase, food safety should be prioritized among producers. It is the producer's responsibility to make sure they are preparing and producing food safely so they can sell the best products to their customers.

Selling safe food should be the most important factor for any food business. Whether you are selling fresh produce, canned foods, frozen meat or other food products, making the effort to handle and produce the food safely will show your customers you care they are buying safe food. Knowing and using safe food handling procedures should become a habit throughout the entire business. One of the most important food-handling principles: Making a habit of washing your hands.

Knowledge of food storage is another important component of keeping products safe. If you have to keep your food refrigerated or frozen, use food thermometers to verify the food is stored properly.

Record-keeping includes maintaining temperature logs, ingredients supplies, and more is also helpful. The more information you track, the better.

It only takes one food safety issue to be detrimental to a food business. In some communities, selling food locally can reduce food deserts and provide easy access to food.

When debating if a farmers' market is best for local food sales, producers need to be prepared to sell food in an ever-changing climate. Many farmers markets are open air, so a tent to provide shade, ice in ice chests, a portable generator, and other equipment may be required to keep food safe. Have a portable hand washing station to keep hands clean and a portable three-compartment sink set up to wash and clean equipment.



Kristen Schmidt

Family and Community
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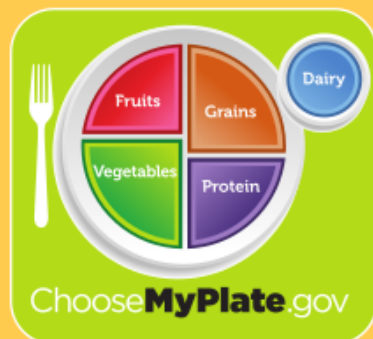
My Plate Presentations

Kristen Schmidt, Robyn Trussel and Chelsey Shapland will be presenting "My Plate" to all first grade classrooms in Walnut Creek District.

Students will learn more about the healthy foods to put on their plate. Parents and students can learn more about MyPlate at <https://www.myplate.gov/life-stages/kids>

Topics covered will be:

- Handwashing
- Fruits and Veggies
- Grains
- Protein and Dairy



Selling at a Farmer's Market

Direct-to-consumer sales of food, including at farmers markets, are growing in popularity across the United States and across Kansas. These sales provide a valuable market outlet for local farmers and allow consumers to purchase healthy local produce and other foods. To protect this key market outlet, it is essential that the food sold directly to consumers is produced and processed safely according to the relevant governmental rules, regulations, and guidelines. Not only will this produce products that are as safe as possible, it will also assure your customers that your business has product quality and safety in mind.

In addition to food safety, what other regulatory requirements do I need to follow to sell at a farmers market?

- Sales tax: Every vendor must obtain a Retail Sales Tax certificate; vendors should file their tax liability individually. More information is available from the Kansas Department of Revenue (<https://www.ksrevenue.gov/bustaxtypesales.html>).

- Filing as a business entity: The Office of the Secretary of State (SOS) has the appropriate forms available online. Sole proprietorships do NOT file with the SOS. General partnerships may file if desired, but it is not required.

- Registration of farmers market or roadside stand: Farmers markets (as a whole, rather than individual vendors) and roadside stands are encouraged to register in the Central Registry of Kansas Farmers Markets. Registration is voluntary, but will provide advertising and limited liability coverage for farmers markets and roadside stands.

- Licensing of particular products: More information on the licensing requirements for growing, producing and selling specific types of food products is available in KDA's Licensing Guides. Topics of particular interest to farmers market vendors include: food processor, food wholesaler and distributor, home kitchen for retail food sales, meat or poultry processing facility, mobile food unit, dairy processing facility, and poultry farm and egg sales.

- Senior Farmers Market Nutrition Program (SFMNP): Farmers, farmers markets, and roadside stands are eligible to accept SFMNP coupons from customers. More information on how to accept and redeem SFMNP coupons is available from <https://www.kdhe.ks.gov/1041/Kansas-Senior-Farmers-Market-Nutrition-P>. The deadline for vendors to complete the training and be eligible to accept SFMNP vouchers is JUNE 1!

- Supplemental Nutrition Assistance Program (SNAP): Farmers markets are eligible to accept SNAP benefits from customers. Visit the USDA website for more information on accepting and redeeming SNAP benefits from customers.

- Scale testing: Farmers market vendors using a scale to sell products by weight must have a licensed service company test their scales once annually. More information is available from the KDA Weights and Measures.

This might not seem like it, but it is a condensed version of things to consider when marketing direct to the public. Please contact one of our local offices or the links given above to see the full detail or to inquire about specific items to sell.

Jared Petersilie

Extension Agent
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The Latest KSRE Publication about Farmer's Market guidelines

[Click here for the following publication:](#)
["Foods Sold Directly to Consumers in Kansas:](#)
[Regulations and Food Safety Best Practices"](#)
Revised January 2024



Planting Easter Lilies Outside

Gardeners often hate to throw out Easter Lilies after they finish blooming and may wonder if they can grow outside. Though not reliably hardy in Kansas, many gardeners have success if they follow a few simple rules.

1. After the flowers have faded, remove the flower stalk so that energy does not go into making seed.
2. Keep the plant inside until the danger of frost is past.
3. Keep the soil moist but never waterlogged. Don't let water sit in the tray.
4. The pot can be moved outside when frost is no longer a concern. Sinking the pot into the soil up to the brim and placing in dappled shade with help. Continue to water and fertilize until the top growth dies down.
5. Choose a sunny, well-drained spot for planting. Good drainage is vital for lilies and so the addition of organic matter is usually necessary for most soils. Till or dig the soil 6 inches deep and add 3 inches of peat moss.
6. Plant the bulbs 6 inches deep and 12 to 18 inches apart and water in well. Mulch to conserve moisture. New growth will appear later in the summer or the plant may stay dormant until the following spring.
7. Cover the plants in the fall after the foliage has died down with straw, pine needles, wood chips, or other types of mulch.
8. Uncover the plants in the spring to allow new growth to appear and fertilize according to soil test.



LACEY NOTERMAN

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Kansas Garden Guide



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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

The Kansas Garden Guide is available to purchase for \$35.37. OR the guide is available to view online in its entirety. www.bookstore.ksre.ksu.edu/pubs/S51.pdf OR viewers can print pages that relate to specific information.

The Vegetable Garden Planting Guide is a 6-page publication that is full of helpful information.

<https://bookstore.ksre.ksu.edu/pubs/MF315.pdf>



A well-planned, properly tended vegetable garden not only provides an excellent source of fresh, nutritious vegetables, but also relaxation and enjoyment for the entire family. With a few simple tools, a little space, and a desire to nurture plant growth, anyone can create a thriving vegetable garden. Even a 100-square-foot garden can produce a good portion of the vegetables for a family of four.

Successful gardening begins with proper planning. This includes knowing how much to plant, when to plant, and proper spacing, covered on the following pages. For more on this and other home gardening topics, see the *Kansas Garden Guide* (S51).

Vegetable Yields

Vegetables	Average crop expected per 10 feet	Approximate planting per person	Vegetables	Average crop expected per 10 feet	Approximate planting per person
Asparagus	3 lb.	10-15 plants	Muskmelon (cantaloupe)	10 fruits	3-5 hills
Beans, snap bush	12 lb.	15-16 feet	Mustard	10 lb.	5-10 feet
Beans, snap pole	15 lb.	5-6 feet	Okra	10 lb.	4-6 feet
Beans, lima bush	2.5 lb. shelled	10-15 feet	Onions (plants or sets)	10 lb.	3-5 feet
Beans, lima pole	5 lb. shelled	5-6 feet	Onions (seed)	10 lb.	3-5 feet
Beets	15 lb.	5-10 feet	Parsley	3 lb.	1-3 feet
Broccoli	10 lb.	3-5 plants	Parsnips	10 lb.	5 feet
Broccoli sprouts	7.5 lb.	2-5 plants	Peas, English	2 lb.	15-20 feet
Cabbage	15 lb.	3-4 plants	Peas, southern	4 lb.	10-15 feet
Cabbage, Chinese	8 heads	3-10 feet	Peppers	6 lb.	3-5 plants
Carrots	10 lb.	5-10 feet	Potatoes, Irish	10 lb.	50-100 feet
Cauliflower	10 lb.	3-5 plants	Potatoes, sweet	10 lb.	5-10 plants
Celeriac	4 lb.	5 feet	Pumpkins	10 lb.	1-2 hills
Celery	18 stalks	10 stalks	Radishes	10 bunches	3-5 feet
Chard, Swiss	7.5 lb.	3-5 plants	Salsify	10 lb.	5 feet
Collards and kale	10 lb.	5-10 feet	Soybeans	2 lb.	50 feet
Corn, sweet	1 dozen	10-15 feet	Squash	4-5 lb.	5-10 feet
Cucumbers	12 lb.	1-2 hills	Squash, summer	15 lb.	2-3 hills
Eggplant	10 lb.	2-3 plants	Squash, winter	10 lb.	1-3 plants
Garlic	4 lb.	1-5 feet	Tomatoes	10 lb.	3-5 plants
Kohlrabi	7.5 lb.	3-5 feet	Turnip greens	5-10 lb.	5-10 feet
Lettuce, head	10 heads	10 feet	Turnip roots	5-10 lb.	5-10 feet
Lettuce, leaf	5 lb.	10 feet	Watermelon	4 fruit	2-4 hills

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Try it out – AgManager.info

Anyone that is involved in agriculture in Kansas must check out the AgManager.info web site. You will not regret it! It is one of the premier extension sites for information on the agricultural economy, from Kansas State University.

AgManager.info website is a comprehensive source of information, analysis, and decision-making tools for agricultural producers, agribusinesses, and others. The site serves as a clearinghouse for applied outreach information emanating from the Department of Agricultural Economics at Kansas State University.

This site includes: crop and livestock marketing and outlook reports, crop insurance, farm management, land values, rental rates, agricultural policy, farm bill, upcoming events, human resources, income tax and law, and agribusiness.

If you haven't already check it out now! agmanager.info

Tractor Safety Operator's Course

Students must attend all day on May 29th for the training and final test.

Wednesday, May 29, 2024
Gray County Fairgrounds
17002 W. Highway 50, Cimarron



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PURPOSE OF COURSE & TEST:

To provide teenagers with a fuller appreciation and awareness of needed safety practices around tractors and farm machinery. As well as provide 14 & 15 year old youth an opportunity to receive a tractor operator's permit, required by the Child Labor Regulations in regard to agricultural hazardous occupations before they can be employed to operate a tractor.

WHO MAY PARTICIPATE:

Any teenage youth, regardless of age. Those completing the course and test will receive an operator's certificate upon completion of when he/she turns 14. Those who are 16 or older do not need an operator's certificate, but are welcomed and encouraged to attend.

SCHEDULE:

Tractor and other important farm safety skills will be given from 8:00 a.m. to 5:00 p.m. on Wednesday, May 29th. Registration starts at 8:00 a.m. at the Gray County Fairgrounds.

COST:

\$20.00 (made payable to the Ford County Ag Activity Fund) for noon meal and handouts.

MEAL:

The noon meal, included in the registration fee, is hamburgers hot off the grill. Students are encouraged to eat the meal provided. Please contact the Ford County Extension Office, 620-227-4542 with any participant's dietary restrictions.

ENROLLMENT:

All participants will need to complete a registration form and a 4-H Participation form in order to participate.

PRE-REGISTRATION FOR TRACTOR COURSE IS REQUIRED BY MAY 24th, TO YOUR LOCAL EXTENSION OFFICE.

Sponsored By:

Clark, Comanche, Ford, Gray, Hodgeman, Meade, Pawnee County Extension Councils, Walnut Creek Extension District, & 21st Central Extension District—Edwards County

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, contact Andrea Bums, 620-227-4542. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service** is an equal opportunity provider and employer.



4-H LEADERSHIP DAY:

THE YOGOWYPI EXPERIENCE!

CHECK OUT: WWW.YOGOWYPI.COM TO LEARN ABOUT OUR SPEAKER--BILL CORDES

APRIL 27TH, 2024

10AM-12:30PM

EVENT LOCATION:

**GRAY COUNTY FAIR GROUNDS
17002 W HWY 50, CIMARRON, KS**

SPONSORED BY GRAY COUNTY 4-H AND
WALNUT CREEK DISTRICT 4-H



K-STATE RESEARCH AND EXTENSION IS COMMITTED TO PROVIDING EQUAL OPPORTUNITY FOR PARTICIPATION IN ALL PROGRAMS, SERVICES, AND ACTIVITIES. REASONABLE ACCOMMODATIONS FOR PERSONS WITH DISABILITIES MAY BE REQUESTED BY CONTACTING GRAY COUNTY EXTENSION OFFICE AT 620-855-3821.

\$10/4-Her or Volunteer. Registration Due to Local Counties by April 19, 2024

Name: _____ Grade: _____
Age: _____ Circle One: Male Female Prefer Not to Answer
Extension County/District: _____
Address: _____
City, State, Zip: _____
Parent/Guardian: _____
Home #: _____ Cell #: _____
Food Allergies: _____



JOY CENTER

144 N. 1ST
DIGHTON, KS 67839

WEDNESDAY, APRIL 3, 2024
11:30 A.M.

Food has an impact on overall health. Nutritious foods help maintain a healthy body and protect against various illnesses, disorders, and chronic diseases, such as heart disease, stroke, dementia, type 2 diabetes, bone loss, cancer, and anemia. Diet and nutrition can also help reduce high blood pressure, lower cholesterol, manage arthritis, maintain healthy skin, hair and nails and manage diabetes. It is never too early to start eating well. Smart, nutritious eating contributes to health and well-being at any age.

Kristen Schmidt, Family and Wellness Extension Agent

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K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services, and activities. Accommodations for persons with disabilities may be requested by contacting the event contact, Kristen Schmidt two weeks prior to the start of the event at 785-798-3921. Requests received after this date will be honored when it is feasible to do so. Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.



RANSOM SENIOR CENTER

409 S. VERMONT
RANSOM, KS 67572

WEDNESDAY, APRIL 10, 2024
11:30 A.M.

Food has an impact on overall health. Nutritious foods help maintain a healthy body and protect against various illnesses, disorders, and chronic diseases, such as heart disease, stroke, dementia, type 2 diabetes, bone loss, cancer, and anemia. Diet and nutrition can also help reduce high blood pressure, lower cholesterol, manage arthritis, maintain healthy skin, hair and nails and manage diabetes. It is never too early to start eating well. Smart, nutritious eating contributes to health and well-being at any age.

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AGING IN PLACE

Presented by:
Kristen Schmidt
Family and Community Wellness Agent

Why make simple home modifications?

What types of home modifications are helpful, simple, and cost effective?

Simple Home Modifications

Simple home modifications can include adaptation to a home that makes it easier and safer to manage activities of daily living. These changes can include adding or removing simple features of the home with low to moderate cost. They could also be simple purchased items that could make independent living acceptable.

NESS CITY LEISURE YEARS CENTER
422 NORTH TOPEKA AVENUE
NESS CITY, KS 67560

THURSDAY, APRIL 11, 2024
12:00 P.M.

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WHEATVIEW APARTMENTS
416 NORTH TOPEKA AVENUE
NESS CITY, KS 67560

THURSDAY, APRIL 11, 2024
1:30 P.M.

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