

# K-STATE

Research and Extension

Sedgwick County

July 2024 *eNews*

*"Knowledge for Life"*

[Click here for all of our Summer 2024 events!](#)

## Horticulture



# BECOME A MASTER GARDENER

## WHY JOIN THE PROGRAM?

The Sedgwick County Extension Master Gardener Program is an educational volunteer program sponsored by Kansas State University, K-State Research & Extension, and Sedgwick County. Extension Master Gardeners come from a variety of backgrounds and share a passion for gardening, an enthusiasm for learning, and a commitment to helping others. Master Gardeners receive training in the discipline of horticulture, and after successfully completing training, they will share their time and expertise as volunteers in their community to promote horticultural education. Apply to be an Extension Master Gardener today!

## Attend the Master Gardener Information Meeting to learn more!

K-State Research & Extension Center, 4-H Hall

7001 W. 21st St N., Wichita, KS 67205

2:00 pm, Thursday, July 18, 2024

Apply To Become A  
Master Gardener Today:

[sedgwick.ksu.edu/mastergardener](https://sedgwick.ksu.edu/mastergardener)



Contact Us For More Info:

Debra Harries, EMG Coordinator

316-660-0100

[debraharries@k-state.edu](mailto:debraharries@k-state.edu)

K-State Research and Extension is an equal opportunity provider and employer. K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Matthew McKernan four weeks prior to the start of the event (June 20, 2024) at (316)-660-0140 or [mckernan@ksu.edu](mailto:mckernan@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request. Kansas State University Agricultural Experiment Station and Cooperative Extension Service

## Learn About Becoming a Master Gardener Volunteer

The Sedgwick County Extension Master Gardener Volunteer program is seeking new recruits and will hold an Information Meeting about the program on

**Thursday, July 18<sup>th</sup>, at 2:00 p.m.** Anyone who is interested in applying for the program is encouraged to attend to learn about the benefits and requirements of the program. Current Master Gardeners will be on hand to share their volunteer experiences and discuss volunteer opportunities within the community, and applications will be available. The Information Meeting will be held at the Sedgwick County Extension Education Center, 7001 W. 21<sup>st</sup> St. N, in 4-H Hall, and no RSVP is required.

Extension Master Gardener Volunteer Program trainees participate in an extensive training program through K-State Research & Extension. Volunteers must be residents of Sedgwick County, be available for 2 hours of morning classes on Thursdays (September 5 – December 12), able to participate in Zoom trainings live or via the recording, and be willing to volunteer 48 hours annually to community service in the field of horticulture. Volunteer opportunities include speaking on horticultural topics at community events, assisting with youth gardening projects, manning the phone hotline and plant clinic, hosting garden tours, and more. Join us July 18<sup>th</sup> to hear more about this exciting opportunity!

For more information about the Master Gardener Program Information Meeting, [visit our website.](#)

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## Success with Cacti and Succulents

Wednesday, July 3rd 12:00PM -1:00PM CST

Succulents and Cacti have been popular as houseplants for decades but did you know they also make great landscape plants. Join Calla Edwards, Butler County Horticulture Extension Agent, to learn how to care for your indoor and outdoor succulents along with some cool plants you can try around your home.



Register Here!



Please register for this free Zoom Webinar at:  
[ksre-learn.com/KStateGardenHour](https://ksre-learn.com/KStateGardenHour)



Cactus and succulents are one of the most popular house plants. Low maintenance and easy to grow, it's not hard to imagine why. Learn more about "Success with Cacti and Succulents" on the next K-State Garden Hour webinar on Wednesday, July 3<sup>rd</sup>, 2024. Calla Edwards, Butler County Horticulture Agent, will present on the basics of growing succulents both indoors and outdoors, and provide suggestions on which succulents and cacti you might want to try. This free webinar will be presented live from Noon to 1pm, and recorded and available online. Register for upcoming webinars or find past recordings online at:

[www.ksre-learn.com/KStateGardenHour](https://www.ksre-learn.com/KStateGardenHour)

JUST ONE ROW CAN MAKE A DIFFERENCE  
TO OTHERS IN OUR COMMUNITY



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Master Gardener  
Sedgwick County

## DROPOFF LOCATIONS

**Augusta Ace Home Center**  
316 W 7th Ave., Augusta

**Botanica**  
701 Amidon St.

**Brady Nursery**  
11200 W. Kellogg

**Hillside Nursery**  
2200 S. Hillside

**Hillside Feed and Seed**  
1805 S. Hillside

**Johnson's Garden Center - East**  
6225 E. Shadybrook

**Johnson's Garden Center - West**  
2707 W. 13th

**Mr Mc's Market**  
1901 E 21st Street North

**Woodard Mercantile**  
4160 N. Maize Rd, Maize

**Woodard Mercantile**  
1313 E. Hwy 54, Andover

**Valley Feed & Seed**  
1903 S. Meridian

## PLANT A ROW FOR THE HUNGRY

Is a local partnership between Sedgwick County Extension Master Gardeners and ICT Food Rescue to encourage, collect and deliver donations of fresh, healthy produce from home and community gardens to neighbors in need at no cost.

To learn more visit:



<https://www.sedgwick.k-state.edu/local-food/plantarow.html>

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For over 20 years, **Plant a Row for the Hungry** has honored the tradition of gardeners sharing their bountiful harvests with others. We encourage local home gardeners, hobby farmers and community gardens to take a hand in reducing hunger in the community by planting and harvesting extra produce, fruits, and herbs with the intention to donate in mind.

Locally, the cooperative effort between the Sedgwick County Extension Master Gardener volunteers and ICT Food Rescue makes it simple for people to contribute fresh produce that will be used to feed those in need in our community. When you donate by dropping fresh vegetables, herbs, or fruit off at one of the local collection sites, it becomes bags of produce for families or seniors in need, meals for those in shelters or low-income housing, or a healthy snack for kids in daycare.

The Plant a Row program is happening now! Drop off sites are located in several areas of Sedgwick County. Please see the flyer for a drop off site near you.

## Health and Nutrition

### Know Your Radon Risks



Did you know that 1 in 4 Kansas homes test high for radon? Radon is a natural, tasteless, odorless, colorless, radioactive gas produced from the decay of uranium found in nearly all soils. This gas moves from the ground under and around your home through cracks and other holes in the foundation. Long-term radon exposure is the leading cause of lung cancer among

nonsmokers so your home needs to be routinely tested.

To learn more about radon exposure and testing, join us on August 7, 2024, from 12:00 pm – 1:00 pm via Zoom to hear from Laura Wallace at the Kansas Radon Program at K-State. The program is FREE, but you must register to attend to receive the Zoom link. Please visit

<https://lp.constantcontactpages.com/ev/reg/ekfrp7> or call 316.660.0143 to register.

## SNAP-Ed / EFNEP

**It's Farmers Market Season!  
Get More From Your SNAP/EBT Benefits  
With Double Up Food Bucks**

**Double Up Food Bucks** makes it easier for you to get more fresh fruit and produce with your SNAP/EBT benefits through its matching dollar system.

To find participating locations in Sedgwick County, visit

**<https://www.doubleupheartland.org/locations/>**.



### **How It Works:**

**At farmers markets,** every dollar you spend is matched with FREE Double Up Food Bucks tokens – up to \$25 every market day. You can use tokens immediately or redeem at a later market day to purchase fresh fruits and vegetables. Be sure to visit the farmers market information booth to get your tokens.

**At participating grocery stores,** use your SNAP EBT card to buy fresh fruit and vegetables. For every \$1 spend on fresh produce, you will receive \$1 FREE Double Up Food Bucks, up to \$25 per day. Spend your Double Up Food Bucks to purchase more fresh fruits and vegetables at the same grocery store at a future visit.

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## JOIN US!

Wednesdays, August 14 - September 18  
11:00AM - 12:00PM  
Sedgwick County Extension Office  
7001 W 21st St N, Wichita, KS 67205



To register visit  
[bit.ly/3KXgTZc](https://bit.ly/3KXgTZc)  
or call Laurie at  
316-660-0133.

During this 6-week series you'll learn how to create simple and delicious recipes using foods you enjoy, eat more nutritious on a budget, and add physical activity into your daily routine. Every class features a recipe demo, recipe tasting, and physical activity.

Attend 4 classes and receive a **free** Kitchen Restore kit to help you cook and enjoy more nutritious meals at home.

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[SNAP-Ed](#) offers FREE nutrition education classes to help you make healthier choices. If you are eligible for or receiving SNAP, TANF, TEFAP, Head Start, SSI, WIC, or free/reduced lunches, these classes are for you!

Participants will also be eligible to receive a Kitchen Restore kit. Are you missing items in your kitchen that would make it easier to cook and enjoy more nutritious meals at home? Attend at least 4 of the 6 classes in this series and receive a Kitchen Restore kit. You can learn more about this program [Here](#)

Dates: Wednesdays, August 14 – September 18, 2024

Time: 11:00 AM – 12:00 PM

Where: Sedgwick County Extension Office, 7001 W 21<sup>st</sup> St N, Wichita, KS 67205

To sign up for this series, please call Laurie at 316-660-0133 or visit [bit.ly/3KXgTZc](https://bit.ly/3KXgTZc). If you are unsure if you qualify, we encourage you to sign up anyway.



# Community Vitality



## *Second* **FRIDAY e-CALL**

**Moving In, Moving Out, Moving Over  
The Future of Housing Supply**

Ben Winchester, Rural Sociologist, University of Minnesota

**Join Us July 12, 2024  
9:30-10:30 am**

**Register Today**  
<https://ksre-learn.com/ecall>

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### **First Friday E-Call: July 12, 2024.**

This is a SPECIAL DAY and a very special speaker. The **Second Friday of July**, we will host Ben Winchester, Rural Sociologist

<https://ksre-learn.com/ecall>

## **Aging and Medicare**

### **Financially Speaking--Estate Planning**

Estate plans are often thought of as primarily for how to pass titled or untitled assets. However, this planning also includes determining the care of minor children or pets, advanced healthcare planning (HIPPA forms, financial power of attorney for health care, DNR (do not resuscitate), living will), and any final arrangement such as burial or funeral. Digital assets are another consideration. This planning is the



opportunity for you to have the power to decide. If you do not, your state of residence will determine this for you using their default plan.

Once you have a plan, it is recommended to revisit it every few years or anytime there is a major life change such as a marriage, birth, death, divorce or change in assets. Reviewing documents, goals, executors, trustees, beneficiaries, assets, and advanced directives for healthcare help ensure your previous decisions are still what you desire.

Not sure what all these terms mean, or you are an executor for someone? Check out this QR code taking you to, "Beginning the Estate Planning Process" a fact sheet in the KSRE Bookstore.

Other K-State Research and Extension supporting publications are available in the bookstore.

[Read More](#)



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# Agriculture

# LOCAL AG-INDUSTRY TOUR

One day bus tour of several sectors of the Agriculture Industry within Sedgwick County

**Wednesday, July 24th**

INNOVATIVE SEED SOLUTIONS | GRAIN CRAFT  
PRAIRIELAND PARTNERS | Cardinal Ethanol



**REGISTER**  
<https://bit.ly/AgTourJuly>



Registration open to all high school students or students who graduated high school in May 2024. \$50 to register. Registration fee will be reimbursed, upon completion of event, thanks to Cargill Cares!

**CONTACT FOR MORE INFO:**  
Jeff Seiler  
Sedgwick County Ag Agent  
316-660-0153  
[jseiler4@ksu.edu](mailto:jseiler4@ksu.edu)

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## 4-H and Youth Development

# Sedgwick County Fair is July 10-13



July is here, which means Sedgwick County Fair is here! July 10<sup>th</sup>-13<sup>th</sup>. Our 4-H'ers will be exhibiting the projects that they have been working hard on all year long. On July 9<sup>th</sup> the Extension Center will be hosting a foods sale to raise money for 4-H Teen Council. This sale will take place in 4-H Hall at the Extension Center 4:00-7:00 PM on July 9<sup>th</sup> so come get some delicious baked goods made by our 4-H kids! The Sedgwick County Fairgrounds in Cheney will be busting at the seams with fun activities for the whole family, including Teen Council's

annual Barnyard Olympic Games on the 11<sup>th</sup> at 4:00 PM, the annual goat costume parade on the 12<sup>th</sup> at 2:00 PM, and much more! Come on out to Cheney and have a great time with our 4-H'ers! We hope to see you there! For more information on the fair please visit [ourcountyfair.com](http://ourcountyfair.com).

## Get Involved!



K-State Research and Extension — Sedgwick County exists to serve the people of south central Kansas. Our mission thrives because of community support. We offer many opportunities for volunteers to offer their time and skills, from gardening to youth development to programming support.

[Learn more about ways to support our programming and the needs of the community.](#)

## Looking for an event space?



**Consider having your next event at the  
Extension Education Center!**

[Read more](#)



Please help support Extension community services in  
Sedgwick County through the  
Extension Education Foundation, Inc.

When you shop Dillons Food Stores, Dillons will make a  
donation to the Extension Education Foundation, Inc.

1. Go to [Dillons.com/communityrewards](https://www.dillons.com/communityrewards)
2. Log into your Dillons account
3. Search for NPO number **CY612**
4. Click enroll



[Mail-in donation form](#)

**Kansas State University Agricultural Experiment Station and Cooperative  
Extension Service**

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**K-State Research and Extension - Sedgwick County**

This monthly e-newsletter is intended to inform citizens of events, activities and research-based information from K-State Research and Extension Center - Sedgwick County

7001 W. 21st St. N., Wichita, Kansas 67205

K-State Research and Extension is an equal opportunity provider and employer. K-State Research and Extension 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, please contact:  
Dr. Brantley, PhD, Extension Director, Sedgwick County 316-660-0105

K State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well being of Kansans. Supported by county, state, federal and private funds, the program has county extension offices, experiment fields, area extension offices and regional research centers statewide. Its headquarters is on the K State campus in Manhattan. For more information, visit [www.ksre.ksu.edu](http://www.ksre.ksu.edu)



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