

K-STATE

Research and Extension

Sedgwick County

DECEMBER 2024 *eNews*

"Knowledge for Life"

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

Horticulture

Tips for Selecting and Caring for a Live Christmas Tree

It's hard to beat the aroma and beauty a freshly cut Christmas tree brings to the holiday season. As we deck the halls this Holiday season, check out these tips to maximize the life of your live Christmas tree:

When selecting a fresh cut Christmas Tree, look for:

- A tree with dark colored needles
- Branches & needles that are flexible enough to bend without breaking
- Needles that do not easily pull off the tree when tugged on



- Branches & needles that ooze sap when broken

Avoid trees that have been cut too early, or are dried out. These trees often have needles with a dull, grayish-green color. Needles on dried out trees will often feel stiff and brittle, and easily be pulled off the tree. If purchased, these trees will not be enjoyed for as long of period of time without making a greater mess.

Once you find the perfect tree and get it home, make sure you:

- **Shake The Tree Forcefully:** Tap the stump against the ground to shake out any

dead interior needles before bringing the tree indoors

- **Select A Large Tree Stand:** A good tree stand should hold least one to one and a half gallons water
- **Recut The Trunk:** Before placing the tree in the stand, recut the trunk of the tree about one inch above the original cut, in order to help the tree better take up water
- **Immediately Place The Re-Cut Trunk In Warm Water:** This prevents sap from blocking the tree's ability to absorb water
- **Check The Water Levels In The Stand Daily:** Add water as needed, and if the stand goes dry, consider re-cutting the tree trunk if possible
- **Only Add Water To The Tree Stand:** research shows adding aspirins, copper pennies, soda pop, sugar, or bleach to the water reservoir does not prolong the life of a tree
- **Keep Your Tree Cool:** Avoiding placing your tree near fireplaces, wood-burning stoves, heat ducts, and sources of heat that can result in excess water loss and increased risk of fire

All of these steps will increase the lifespan of the tree, prolonging your beauty and enjoyment from your tree. Don't forget to recycle your tree at our office at the end of the holiday season! Christmas tree recycling will be available across Sedgwick County from December 22, 2024 to January 23, 2025.



K-STATE GARDEN HOUR

Home Hydroponics

Wednesday, December 4th 12:00PM -1:00PM CST

Winter blues got you down? Grow fruits and vegetables year-round with hydroponics! Join Lane Wiens, Shawnee County Horticulture Agent, as he discusses the basics of hydroponics, types of hydroponic systems, crops that grow well without soil, and tips on building your own system at home.



Register Here!



Please register for this free Zoom Webinar at: ksre-learn.com/KStateGardenHour



As the days have shortened and the temperatures are dropping, don't let the winter blues get you down. Grow fruits and vegetables year-round with home hydroponics! Learn more about how you can extend grow crops indoors during our next K-State Garden Hour webinar on the Wednesday, December 4th, 2024 as we discuss "Home Hydroponics". Join Lane Wiens, Shawnee County Horticulture Agent, as he discusses the basics of hydroponics, types of hydroponic systems, crops that grow well without soil, and tips on building your own system at home. 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

Local Food

Save the Date!

Wichita Local Food Producer Workshop
Saturday, Feb. 1, 2025

For those selling at farmers'
markets, direct-to-consumer, and
farm stands



K-STATE
Research and Extension | Local Food
Systems

www.kansaslocalfoods.org

Save the date! The 2025 **Local Food Producer Workshop** will be held at the K-State Research and Extension Education Center – Sedgwick County in Wichita, KS on **Saturday, February 1st**. This workshop is for those selling at farmers' markets, direct-to-consumer, and farm stands. Registration and schedule details coming soon.

Health and Nutrition

**Thank You Rotary Club
of West Wichita!**



We are incredibly grateful to the Rotary Club of West Wichita for awarding the Kitchen Restore program a \$5,000 Impact Grant. This generous support helps us provide kitchen starter kits to low-resource households in Sedgwick County, giving families the tools they need to cook healthy meals at home.

Each kit includes essential kitchen items, from basic utensils to larger appliances, so people have what they need to prepare nutritious meals. To be eligible for a kit, participants must complete a nutrition education series through K-State Research and Extension Sedgwick County. This series teaches valuable skills like budgeting, nutrition basics, and cooking techniques.

Since 2021, Kitchen Restore has provided over 250 kits, and with continued support from the Rotary Club, United Way, and other partners, we're excited to help even more families in need.

To learn more about the program, visit <https://www.sedgwick.k-state.edu/nutrition-health-wellness/kitchen-restore/>.

SNAP-Ed/EFNEP

This article was published in the December 2024 "[You Asked It!](#)" K-State Research and Extension E-Newsletter.

Holiday parties and big family meals may tempt us away from our healthy eating habits. Allow yourself to have your favorite foods but stick to



smaller servings and balance them with healthier options.

Do you have several parties to attend? Plan ahead to help reduce those extra calories. Eat a small meal for breakfast with whole grains, fruit and protein. Don't starve yourself thinking you'll save room for party food. Take small bites and savor the delicious party foods. Go through the buffet once to reduce nibbling. Staying active can help you keep a healthy weight during the holiday season. Look for opportunities to work physical activities into your holiday: Go for a stroll after a family meal, take a walk at the mall, or dance to your favorite holiday music. Aim to get at least 150 minutes a week of physical activity. For example, that could be at least 20 minutes a day or 30 minutes five days a week. It's important to move more and sit less.

Take simple steps to protect your family's health when you prepare and serve holiday meals such as:

- Wash your hands and work surfaces before, during, and after preparing food, and before eating.
- Keep raw meat, poultry, seafood, and eggs separated during preparation.
- Cook food at the right internal temperature to kill harmful germs. Use a food thermometer to check.
- Refrigerate perishable foods, including leftovers, within two hours of buying or cooking.

Community Vitality



First
FRIDAY e-CALL

Child Care Innovations in Hays

Sarah Wasinger, President
The Chamber in Hays, Kansas

Join Us December 6, 2024

9:30-10:30 am CT

Register Today

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

K-STATE
Research and Extension

First Friday E-Call: December 6, 2024, 9:30-10:30 am CT

Child Care Innovations in Hays

Sarah Wasinger, President

The Chamber in Hays, Kansas

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



Grant Writing Basics

Online Workshop

Grants are a vital piece in your community's funding... and you can do it.

Join Us December 3, 5 2024

6 pm - 8:30pm

Cost: \$60

Register Today

<https://ksre-learn.com/grant-writing-basics>

K-STATE
Research and Extension

Grant Writing Basics Online Workshop

December 3, 5, 2024, 6:00-8:30 pm

Register Today

<https://ksre-learn.com/grant-writing-basics>

Family Life

Beyond the Board: Memories and Lasting Traditions

Spending time together during the holidays is so important as it allows you to strengthen bonds, share traditions, and cultivate lasting values. Do you know that during the holiday season, board games bring more than just fun to family gatherings?



Board games strengthen social connections-Holiday gatherings offer a perfect opportunity for people to reconnect, and board games provide a way to enjoy each other's company without screens. Games encourage positive social interaction by creating a shared experience that brings people together. Cooperative games, in particular, foster teamwork and empathy, teaching family members to value collaboration over competition. For family members who don't see each other often, games offer a bridge to meaningful connection, enhancing social cohesion and creating memories to cherish.

[Read More English](#)

[Read More Spanish](#)

4-H and Youth Development

COURAGE TO
GROW
HEART TO SERVE
NATIONAL 4-H CONGRESS

This month, we are deeply grateful for the generous donations from supporters across Sedgwick County. Your contributions directly advance the 4-H mission of "making the best better," fostering positive change in the lives of the 4-H youth we serve. With your support, our members are empowered to transform challenges into opportunities, making a profound and lasting impact.



One such opportunity is the upcoming National 4-H Congress, where three

exceptional Sedgwick County 4-H members—Brady Hoffman, Grace Oard, and Knox Crouch—will proudly represent our community. National 4-H Congress is a prestigious five-day educational event that brings together 4-H members from across the United States. During this experience, participants will engage in workshops, keynote sessions, tours, and service-learning activities focused on leadership, community service, career development, cultural diversity, and youth empowerment.

Thank you for helping make these life-changing experiences possible!

K-State News

K-State Partners and NetWork Kansas Continue K-State 105 Collaboration for Statewide Kansas Entrepreneurship Challenge

Several Kansas State University partners are continuing an important collaboration with [NetWork Kansas](#) to build the Kansas Entrepreneurship Challenge as one of the leading youth entrepreneurship competitions in the state of Kansas.

The Kansas Entrepreneurship Challenge, or KEC, is a program of the NetWork Kansas Entrepreneurship E-Community Partnership and involves several K-State partners. Through the [K-State 105 initiative](#), [K-State Research and Extension](#) and Kansas 4-H are involved for the second year in a row.



[Learn more about the Kansas Entrepreneurship Challenge](#)

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
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

K-State Research and Extension is an equal opportunity provider and employer.

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



Share This Email



Share This Email



Share This Email



*Sedgwick County...
working for you*

K-STATE
Research and Extension

Sedgwick County



Try email marketing for free today!