

K-STATE

Research and Extension

Sedgwick County

September 2024 *eNews*

"Knowledge for Life"

Click here for all of our Fall 2024
events!

Horticulture

Visit Our Drought Resources Website

As water restrictions and drought conditions continue in Sedgwick County and across Southcentral Kansas, we want to help provide you with information you can trust to navigate current conditions. Visit our [Drought Resources website](#) to find information on current drought conditions, water restrictions, tips for conserving water, tips for watering plants most effectively, and other drought related resources.

We hope this can be your one stop shop for all of the drought resources you may be looking for to stay up to date this fall.

[Visit our Drought Resources website now by clicking here.](#)

Interested in speaking to someone directly about best practices for your specific lawn, landscape, or garden? Reach out to our free Garden Hotline to visit with our trained Extension Master Gardeners. Our Garden Hotline is staffed and open for questions Mondays-Fridays from 9 a.m.-12 p.m. and 1 p.m.-4 p.m. all year

round. Reach us by calling (316) 660-0190, by emailing photos and questions to: sgemghotline@gmail.com , or by visiting us in-person with photos or garden samples. Our Garden Hotline would be happy to visit with you.



Tips for Water Conservation with Fall Lawn Care

Fall (especially the month of September) is the ideal time to care for cool season lawns, such as Tall Fescue. Fall lawn care takes advantage of naturally ideal growing conditions for Tall Fescue, which can help build strong roots and healthy plants, in order to create lawns that are more drought resistant the rest of the year. However, with drought restrictions, many people are wondering how to adjust their fall lawn care practices in order to help improve the natural recovery of their lawn in the fall and still conserve water.

[Read More](#)



#KSTATEGARDENHOUR

K-STATE GARDEN HOUR

Season Extension in the Vegetable Garden

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

Growing a vegetable garden is an easy way to have fresh and nutritious produce right at your fingertips through the growing season, but did you know there are ways that you can extend this production even longer? Join Dr. Cary Rivard, K-State Research and Extension Fruit & Vegetable Production Specialist, as he lays out how these practices work.



Register Here!



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



Your vegetable garden doesn't have to stop when cool weather sets in - there are many ways to extend the vegetable garden later into the year. Learn more about "Season Extension in the Vegetable Garden" on the next K-State Garden Hour webinar on Wednesday, September 4th, 2024. Dr. Cary Rivard, K-State Fruit & Vegetable Production Extension Specialist, will share how to have fresh produce from your vegetable garden in November, December, March, April, and other unexpected months in Kansas. 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

LAST DROP OFF DAY: SEPTEMBER 15TH



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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

THANK YOU SEDGWICK COUNTY
for participating in the 2024 Plant a Row for the Hungry Program. The 2024 season is coming to close. Look for the program to start back up in June of 2025.

To learn more visit:



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

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

Sedgwick County's Plant a Row for the Hungry Program is coming to an end for the 2024 season. The last day to drop off produce to a participating drop off site is SEPTEMBER 15th.

The Plant a Row for the Hungry Program is a cooperative effort between the Sedgwick County Extension Master Gardner volunteers and ICT Food Rescue.

This partnership enables people to contribute fresh produce that is used to feed those in need in our community.

We want to thank everyone who participated this year in our efforts to serve Sedgwick County residents in need. Your donation reached families, seniors, those in shelters or low-income housing, and others in our community experiencing food insecurity or the inability to access fresh and healthy foods. If you missed out on participating this year, look for Plant a Row for the Hungry to resume in June of 2025!

FARMER RESOURCE EVENT

Calling Sedgwick County growers and aspiring growers! Come have lunch on us and learn about the many resources and programs available to support YOU!

Tuesday, September 17th
12:00-3:00 p.m.
4-H Hall

Sedgwick County Extension
Education Center
7001 W. 21st St.
Wichita, KS 67205

Register for this **FREE** event here:
<https://bit.ly/Farmer-Resource-Event-SGCO>

Registration is required. A complimentary boxed lunch will be provided for all registrants.



**SCAN
HERE!**

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Sedgwick County



Sedgwick County...
working for you

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. Language access requests and 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 Abbey Draut four weeks prior to the start of the event August 20, 2024 at 316-660-0142 or abbeyd@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.

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If you are a specialty crop producer or are interested in becoming a small acre producer, join us for lunch to learn about resources available to you in Sedgwick County and throughout Kansas. We are offering a FREE Farmer Resource Event highlighting organizations uniquely positioned to help new and beginning producers. This includes the Kansas Rural Center, Heartland Regional Food

Business Center, K-State Research and Extension, K-State University and the Growing Growers program.

For more information and to register for this FREE event, visit:

<https://bit.ly/Farmer-Resource-Event-SGCO>

Health and Nutrition

**CHOLESTEROL 101:
THE GOOD AND THE BAD**

Two types of lipoproteins carry cholesterol to and from cells.

Cholesterol is essential for good health. But too much of the bad cholesterol can put you at a higher risk of heart disease or stroke.

Fatty Build Up

LDL Cholesterol
“Bad” cholesterol contributes to fatty buildups in arteries

HDL Cholesterol
“Good” cholesterol, carries LDL to the liver, where it’s broken down

www.heart.org

The infographic features a purple grid background. At the top right are logos for the American Heart Association, K-STATE Research and Extension, and Sedgwick County. On the left, a text box explains that cholesterol is essential but too much bad cholesterol increases the risk of heart disease or stroke. Below this is an illustration of a blood vessel with a 'Fatty Build Up' of yellow cholesterol deposits. To the right, two note cards describe LDL as 'bad' cholesterol that causes artery blockages and HDL as 'good' cholesterol that carries LDL to the liver for breakdown. The website www.heart.org is listed at the bottom.

Think All Cholesterol is Bad? Think Again!

You might have heard that cholesterol is something to avoid in your diet, but it's not that simple.

There are two types of cholesterol:

- HDL (High-Density Lipoprotein) - The "good" cholesterol that helps carry "bad" cholesterol to the liver, where it's removed from your body.
- LDL (Low-Density Lipoprotein) - The "bad" cholesterol that can increase your risk of

heart disease and stroke if levels get too high.

So, how do you keep your cholesterol in check? Focus on a healthy eating pattern that includes healthy fats, lean proteins, more fiber, as well as regular exercise, and lifestyle changes like quitting smoking and limiting alcohol.

□ Your heart will thank you!

□ Learn more at <https://www.heart.org/en/health-topics/cholesterol> #HeartHealth #HealthyLiving #CholesterolFacts

SNAP-Ed/EFNEP

SNAP Outreach Volunteer Training



You're invited to **learn how to help low income individuals apply for SNAP benefits**. Anyone who is interested in learning how to assist with the application process is welcome to attend. Training will be provided by the Kansas Department for Children and Families.

Date: Wednesday, October 9, 2024

Time: 1:00pm - 2:30pm

Location: Zoom

Registration is required. Scan the QR code below or use the link to register: <https://forms.office.com/r/2BEbrZ7ish>



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Questions? Contact Amy Draut at 316-660-0119 or amydraut@ksu.edu.

Join us on **Wednesday, October 9, 2024 from 1:00pm – 2:30pm via Zoom** to learn how to help individuals apply for SNAP (formerly known as food stamps) benefits. Anyone in the community who is interested in learning how to assist with the SNAP application process is welcome to attend. Training will be provided by the Kansas Department for Children and Families.

Registration is required. Please register by scanning the QR code above or [click here](#).

Can't make it to the training but still want to learn? Register and you will receive a link to the recording.

Questions? Please contact Amy Draut at 316-660-0119 or amydraut@ksu.edu.

Community Vitality



First
FRIDAY e-CALL

Global Exporting- Discovering New Markets

Laura Lombard, Director, International Division,
Kansas Department of Commerce

Join Us September 6, 2024
9:30-10:30 am CT

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

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First Friday E-Call: September 6, 2024.

Global Exporting-Discovering New Markets

Laura Lombard, Director, International Division, **Kansas Department of Commerce.**

<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 September 24, 26 2024

1:30 – 4:30pm

Cost: \$60

Register Today

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

K-STATE
Research and Extension

Online Grant Writing Basics Workshop: September 24,26, 2024

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

Family Life

Plan Now...for Christmas!?



** This news release from K-State Research and Extension is available online at <https://ksre-learn.com/planning-for-christmas-during-summer>

MANHATTAN, Kan. – In case you haven't glanced at a calendar lately, here's the stark reality: There's just a little over four months – about 134 days – to Christmas.

Gulp.

The reality that one of the most joyous – and often busiest -- times of the year is closing in can be a welcome reminder, says Elizabeth Brunscheen-Cartagena, a family life and resource management agent in K-State Research and Extension's office in Sedgwick County.

"Four months gives us enough time to plan," Brunscheen-Cartagena said. "By planning, we can avoid over-spending due to the excitement of the season, and

thus control our money rather than the season controlling us.”

[Read More English](#)

[Read More Spanish](#)

4-H and Youth Development

4-Hers to Exhibit at Kansas State Fair



In the month of September, Sedgwick County 4-H will celebrate the 116 4-H members who will be exhibiting 243 projects at the Kansas State Fair September 6-15 in Hutchinson, Kansas! These projects include a wide variety of items. 4-H members will be exhibiting items such as photographs, quilts, clothing, foods, vegetables and flowers, robots, and arts and crafts. They will also be completing demonstrations, judging, and volunteerism. Sedgwick County 4-H members also are exhibiting livestock, dairy animals, horses, poultry, rabbits, and dogs in a variety of shows and exhibitions. These members have worked very hard all year to earn the opportunity to exhibit at the Kansas State Fair, and we are very proud of their efforts! If you are visiting the Kansas State Fair, make sure to visit 4-H Centennial Hall to see the amazing talents and skills of 4-H members across the state. Here is a link to the Kansas State Fair calendar of events

<https://www.kansasstatefair.com/events>. Hope to see you all there!

K-State News

K-State 105 Community Health Worker Project Helps Kansas Agriculture Workforce

A large collaborative [K-State 105](#) project is bringing together 12 partners — including Kansas State University units, other higher education institutions and health organizations — to help improve rural and agriculture-connected health across the state.



The [Rural Ag Health Community Health Worker project](#) focuses on sustaining the health and safety of rural Kansans and the agricultural workforce. The project is establishing resource and service hubs staffed by community health workers who are co-supervised by local [K-State Research and Extension](#) units and health care partners.

[Learn more about the community health worker project.](#)

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](#)

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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



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