

# K-STATE

## Research and Extension

### Sedgwick County

June 2024 *eNews*

*"Knowledge for Life"*

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

## Horticulture

### **Scout for Bagworms & Mark Your Calendars for Control Starting June 15th**

Bagworms are now beginning to hatch across the state of Kansas, although it's best to wait until June 15<sup>th</sup> before trying to control them.

Bagworms hatch over an extended period, from mid-May to mid-June, so the ideal time to start taking action to protect your plants this summer is not until Mid-June to Mid-July once all of the caterpillars have hatched. Bagworms can be

found on a wide range of shrubs and trees but are most often seen on damaging evergreen shrubs and trees. In early to mid-June, bagworms will be the size of the end of a pen or pencil. Inspect your plants carefully and start to handpick now, or wait until mid-June to apply insecticides, such as spinosad, acephate, cyfluthrin, and permethrin. For more recommendations, and information on bagworms, visit our website: <https://hnr.k-state.edu/extension/info-center/common-pest-problems/common-pest-problem->





# Sedgwick County Extension Master Gardeners

# GARDEN TOUR

## 2024

Friday May 31, 9-5

Saturday June 1, 9-5

Sunday June 2, Noon-4

Visit 6 private gardens  
Rain or Shine!

*Stroll Through a Woodland Garden*  
7712 Harmony Ct.

*Growing a Neighborhood Garden*  
Riverside Community Garden  
802 Amidon (corner of Murdock and Amidon)

*Cottage Garden with a Southwest Flair*  
209 N. Battin

*Antiques Gardenshow*  
3356 Bellaire St.

*Levels of Garden Beauty*  
7061 S. Mark Twain, Derby

*Plant Collector's Paradise*  
1332 Dry Brook Ct., Derby

## TICKETS \$10

Available online at  
[sedgwick.ksu.edu/events](https://sedgwick.ksu.edu/events)

or the Sedgwick County  
Extension Office

7001 W. 21st St. N.

Cash or check only at  
the gardens during the tour

For more information  
call (316) 660-0100



*Sedgwick County...  
working for you*



**K-STATE**  
Research and Extension

Master Gardener  
Sedgwick County

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 two weeks prior to the start of the event (5/17/24) 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.

Enjoy the serene and creative landscaping while finding plenty of garden inspiration during the **2024 Garden Tour, this weekend, May 31 – June 2**  
Sponsored by the Sedgwick County Extension Master Gardeners, this year's tour

includes five private gardens, as well as one newly established community garden. Each will provide you with inspiration and information to create your own gardening dreams.

Highlights from the tour this year include both sun and shade gardens, colorful southwest-inspired landscaping, dozens of water features, integrated vegetable-flower gardens and a sunken garden.

These local gardens are open to the public for three days only: Friday and Saturday (May 31 – June 1) from 9:00am to 5:00pm, and Sunday, June 2nd, from noon to 4:00pm. Tickets are \$10 per person, and children 12 and under admitted free with adult. Tickets are available in advance at the Sedgwick County Extension Education Center (until 5pm Friday), online through our website (<https://tinyurl.com/Gardens2024>), or at any of the six garden locations on the days of the tour (cash or check only). All proceeds benefit the Sedgwick County Extension Master Gardeners' educational community outreach programs throughout Sedgwick County. For additional event information, garden locations, or tickets, visit: <https://www.sedgwick.k-state.edu/gardening-lawn-care/master-gardener-volunteer-program/Garden%20Tour%202024.html>

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#KSTATEGARDENHOUR

# K-STATE GARDEN HOUR

## Growing Cut Flowers for the Home & Farmers Market

Wednesday, June 5th 12:00PM -1:00PM CST

Join Cynthia Domenghini, K-State Horticulture and Garden Management Instructor, as she covers the basics of establishing a cut flower garden. Learn ideas for preparing soil, seed starting, flower varieties, irrigation set-up, maintenance, and even marketing tips for your floriferous crops!



Register Here!



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



Growing cut flowers can be both a fun hobby and a successful business. Learn more about "Growing Cut Flowers for the Home & Farmers Market" on the next K-State Garden Hour webinar on Wednesday, June 5<sup>th</sup>, 2024. Dr. Cynthia Domenghini, K-State Horticulture and Garden Management Instructor will present on the basics of establishing a cut flower garden, including recommendations for flower varieties, how to prepare the soil, and seed starting. 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)

## Family Life

### Beat the Heat: Keep Kids Cool!

School is out, and summer break is here, bringing



sizzling temperatures. While enjoying the outdoors, it is crucial to stay safe. Between May and September, we need to be vigilant about two significant dangers: dehydration and heat-related illnesses.

Dehydration happens when the body loses more fluid than it takes in. This often occurs during the

summer when kids are outside or in places without air conditioning, sweating and not drinking enough water. Parents can take several steps to stay safer in the heat, "

[\*\*Read More English\*\*](#)

[\*\*Read More Spanish\*\*](#)

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## BONDING THRU BOARD GAMES



SUMMERTIME IS BONDING TIME



FRIDAY, JUNE 7, 2024 7 PM -9 PM

SEDGWICK COUNTY EXTENSION

7001 W 21ST ST N WICHITA, KS



BRING YOU FAMILY AND FRIENDS!

OPEN TO THE PUBLIC



[WWW.SEDGWICK.KSU.EDU/EVENTS](http://WWW.SEDGWICK.KSU.EDU/EVENTS)



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# 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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## Community Vitality





## First FRIDAY e-CALL

**Is Your Industrial Site Ready for Development?**

Corrie Ann Campbell, Beth Johnson, **Kansas Commerce**  
Kerri Falletti, **Office of Rural Prosperity**

**Join Us June 7, 2024**

**9:30-10:30 am**

**Register Today**

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

**K-STATE**  
Research and Extension

### **First Friday e-Call: June 7 at 9:30 am CT**

Are you serious about bringing business to your region? Join us for the First Friday e-Call to learn how to make your site market-ready.

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

# Aging and Medicare

## **Sound Living: Understanding Hospice Care**



MANHATTAN, Kan. – Just as newborns require a lot of care, so too do the elderly as they face their approaching death. For many, that care comes through a nurturing provider known as hospice.

"Hospice is a form of care that focuses on comfort, not healing," said Erin



Martinez, K-State Research and Extension specialist on adult development and aging. "With hospice, we are helping people live out the end of their life with dignity to make the entire dying process be the best it can be."

Martinez said that a hospice team is comprised of many people, including doctors, nurses, aides, social workers and religious aids (for those who would like that counsel).

"This team of folks specialize in death and dying to make it a great experience for both the patient and the family," Martinez said. "These folks keep the patient comfortable and educate the family on the dying process."

To qualify for hospice care, the patient must be diagnosed with a terminal illness that will allow them to live less than six months if the disease were to run its normal course, Martinez said.

She added that hospice care can be done in the person's home, or in a facility that feels like a home environment.

"Hospice is a family-based decision, but it is up to the individual about how they want to experience the end of their life," Martinez said.

To help families learn more about hospice care and the services available, K-State extension specialists have created a fact sheet titled, [Understanding Hospice](#), available online from the K-State Research and Extension bookstore. Martinez said: "When we reach the end of our life, death can be complicated for some and smooth for others. The goal of hospice is to make this an easier process for all."

*Reprinted with permission. [By Lisa Moser](#), K-State Research and Extension news service*

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# Agriculture

# LOCAL AG-INDUSTRY TOUR

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

Tentative Date:  
**Wednesday, July 24th**

INNOVATIVE SEED SOLUTIONS | GRAIN CRAFT  
PRAIRIELAND PARTNERS | TBA

## 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:

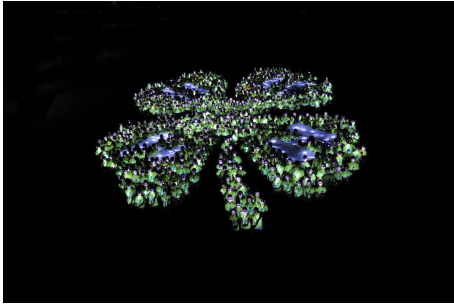
Jeff Seiler  
Sedgwick County Ag Agent  
316-660-0153  
[jseiler4@ksu.edu](mailto:jseiler4@ksu.edu)

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# 4-H and Youth Development



# 4-H Discovery Days



This month Kansas youth will travel to K-State's campus in Manhattan to attend 4-H Discovery Days! Youth development experts will guide our teens through hands-on educational sessions to prepare them to make informed decisions about their career and college paths. Participants will learn new ideas,

techniques and skills that they can bring back to their 4-H clubs and local communities. This 3-day experience is an excellent opportunity for Sedgwick County to turn our next generation into the leaders of tomorrow, making new connections and friends from all across the state of Kansas and beyond. The Kansas 4-H program continues to "make the best better"!

## Health and Nutrition

Have you been diagnosed with pre-diabetes or type II diabetes? Are you a caregiver to someone living with diabetes? Do you need help with making healthy food choices, but don't know where to start? If so, this is the program for you. Dining with Diabetes will help you learn the skills needed to promote good health. The program is taught by a Registered Dietitian and includes:

- Planning meals and snacks with delicious healthy recipes.
- Cooking demonstrations and food sampling.
- Motivation and support – connect with others who are living with diabetes.
- Ideas for being more active.
- An understanding of how diabetes affects your overall health.

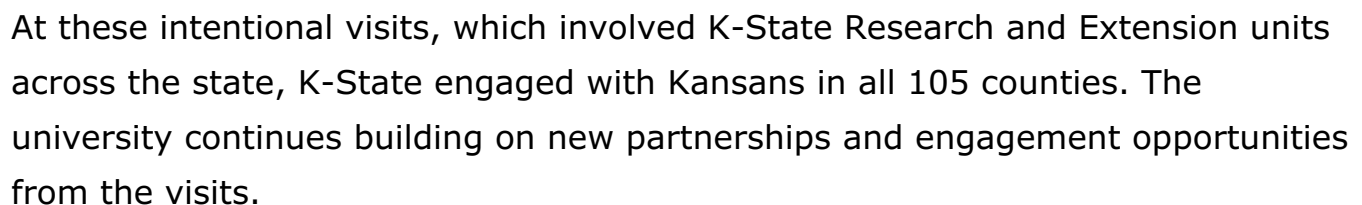


| NATIONAL EXTENSION WORKING GROUP

Our next series of classes will be held on July 2<sup>nd</sup>, July 9<sup>th</sup>, July 16<sup>th</sup>, and July 30<sup>th</sup> from 1-3 p.m. at the K-State Research and Extension Sedgwick County Office, 7001 W. 21<sup>st</sup> St. N., in the Sunflower Conference Room. The cost is \$25 and includes all four classes. Scholarships are available as needed. Registration opens June 3<sup>rd</sup> and closes June 24<sup>th</sup> at 5 p.m. To register, please visit

# K-State Highlights Ongoing Engagement From Two Years of Presidential Community Visits

K-State President Richard Linton and a team of K-State faculty, staff and students spent the past two years engaging with Kansans across the state — including Kansans in Sedgwick County — through the [presidential initiative](#).



**[Read the full news release and watch a video to learn more about the community visits.](#)**

# 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://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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