

K-STATE

Research and Extension

Sedgwick County

May 2024 *eNews*

"Knowledge for Life"

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

Horticulture



#KSTATEGARDENHOUR

K-STATE GARDEN HOUR

Understanding Water Sources for Your Garden

Wednesday, May 1st 12:00PM -1:00PM CST

There are often multiple water sources available to irrigate our gardens. Join Jay Harris, Cottonwood District Horticulture Agent, to understand the many differences between water from private wells, city water supplies, or rural water districts. Learn about the differences in water quality, the importance of knowing what is in your water, the costs associated with each, and why you should test your water before you use it.



Register Here!



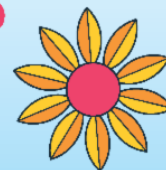
Please register for this free Zoom Webinar at:
ksre-learn.com/KStateGardenHour



Drought conditions across the state of Kansas continue to cause concern, especially as many private wells across the state often go dry during the summer or develop poor quality water that isn't suitable for irrigating plants. Our next K-State Garden Hour looks to address these issues and how to get the water we need to keep our trees, shrubs, flowerbeds, and gardens alive and looking their best. Join us Wednesday, May 1 as we present on "Understanding Water Sources for Your Garden". The presentation will be live, online via Zoom from Noon to 1pm, and recorded for later viewing, too. Learn about the differences in water quality, the importance of knowing what is in your water, and the real costs associated with using different water sources. Register for this upcoming webinar or find past recordings online at: www.ksre-learn.com/KStateGardenHour



2024 Spring Garden Fair



Blooms, Bees & Butterflies



Saturday May 4th, 2024
7 a.m. to 1 p.m.

Free, Inside The Sedgwick County
Extension Education Center
7001 W. 21st Street N, Wichita, KS 67205

Interactive Booths:

See Like An Insect

Insect Zoo

Water-Saving
Gardening Techniques

Plants For
Pollinators

Plant Sales

Make & Take
Youth Activities

Plant Giveaways

Food Sales

Visit Area
Garden Clubs

Guided Tours:

8am: Demo Garden

9am: Compost

10am: Arboretum Trees

11am: Hosta &
Shade Gardens

12pm: Roses



www.sedgwick.ksu.edu/events

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 Matthew McKernan two weeks prior to the start of the event (April 19, 2024) at (316)-660-0100 or 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

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Master Gardener
Sedgwick County
Sedgwick County...
working for you

Celebrate spring and improve your gardening knowledge at the 2024 Spring Garden Fair. Join us for this free, family-friendly event on Saturday, May 4, 2024, hosted by the Sedgwick County Extension Master Gardeners. The event will be open from 7:00am to 1:00pm, and will be held inside 4-H Hall of the Sedgwick County Extension Education Center (7001 W. 21st Street North in Wichita). Admission is free and activities for the whole family will be available, including: interactive booths, tours, plant sales, and

Garden Clubs from across the community. Visit our educational booths and learn about gardening techniques to conserve water, selecting plants to attract pollinators, and a new K-State app to identify the bees you attract to your garden. Browse the onsite Plant Sale and indulge your green thumb with a wide selection of perennials and houseplants for sale. Take guided tours of our grounds, including: Hosta & Shade Garden, Rose Garden, Arboretum trees, Demo Garden, and Compost area. Stop by the Hotline booth and discuss your gardening questions with a Sedgwick County Master Gardener, or visit with one of the area Garden Clubs in attendance. Learn more about the [2024 Spring Garden Fair online](#).

SAVE THE DATES:

Sedgwick County Extension Master Gardeners

GARDEN TOUR 2024

Friday May 31, 9-5

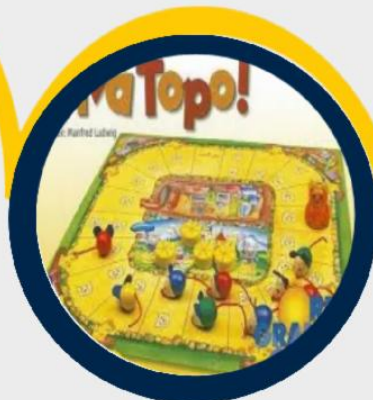
Saturday June 1, 9-5

Sunday June 2, Noon-4



The popular Garden Tour returns for 2024 starting on Friday, May 31st with an inviting array of thoughtfully designed flowerbeds, shady woodland backyard retreats, and calming water features. Sponsored by the Sedgwick County Extension Master Gardeners, this year's tour includes five distinctive private gardens as well as one newly established community garden, all providing inspiration and information for creating your own gardening dreams. Each garden will be open for your touring enjoyment for three days only: Friday and Saturday (May 31st and June 1st) 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 are admitted free with adult. [Learn more about each garden, and purchase your tickets online.](#)



MEGA EVENT

BONDING THRU BOARD GAMES

May 11, 2024 9:00 am-6:00pm
Sedgwick County Extension 4-H B
7001 W 21st St N Wichita, KS 67205

FREE EVENT!

WWW.SEDGWICK.KSU.EDU

lizb@ksu.edu

Bring your Family & Friends!

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SNAP-Ed/EFNEP

**Free Nutrition Classes,
06/11/2024 - 07/16/2024**



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!

Dates: Tuesdays, June 11 – July 16, 2024

Time: 11:00 AM – 12:00 PM

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

[Click here](#) to sign up for this series or call us at 316-660-0133 to sign up. If you are unsure if you qualify, we encourage you to sign up anyway.

Each Create Better Health class features a recipe with a food demo and tasting.

Throughout the series you'll learn:

- How to create simple and healthy recipes using the foods you have
- Safe cooking and storage tips
- How to get more for your dollar at the grocery store
- How to squeeze physical activity into your daily routine

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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.

Community Vitality



First FRIDAY e-CALL

**Kansas Historical Society Funding Incentives:
A tool for preserving Kansas History**

Bethany Falvey, **Kansas Historical Society**

Join Us May 3, 2024

9:30–10:30 am

Register Today

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

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Register [Here](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 May 14 and 16

1:30 – 4:30pm

Cost: \$60

Register Today

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

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Register [Here](https://ksre-learn.com/grant-writing-basics)

Aging and Medicare

Planning for Retirement



Ah, retirement...what working person hasn't dreamed of the day when they can just walk away from all the day-to-day stresses of a career?

As dreamy as it might sound to some, without having a plan for how to spend all the unscheduled free time, retirement may not be exactly as it was imagined.

"When you have your eyes set on retirement without a plan about how you are going to spend the time, it can be a bit of a shock and can disrupt your life by bringing about emotions about a lack of purpose," said Erin Martinez, K-State

Research and Extension specialist and associate professor of adult development and aging.

[Read More](#)

Local Food

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



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Research and Extension

Master Gardener
Sedgwick County



DROPOFF LOCATIONS

Augusta Ace Home Center 316 W 7th Ave., Augusta	Hillside Nursery 2200 S. Hillside	Johnson's Garden Center - East 6225 E. Shadybrook	Woodard Mercantile 4160 N. Maize Rd, Maize
Botanica 701 Amidon St.	Hillside Feed and Seed 1805 S. Hillside	Johnson's Garden Center - West 2707 W. 13th	Woodard Mercantile 1313 E. Hwy 54, Andover
Brady Nursery 11200 W. Kellogg	ICT Food Rescue, Towne West Square 4600 W. Kellogg Drive	Mr Mc's Market 1901 E 21st Street North	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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Find a local farmers market near you, [click here](#)

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 will resume in June 1, 2024. Drop off sites are located in several areas of Sedgwick County. Please see the flyer for a drop off site near you!



Tuesday, May 21, 2024

Wheat Variety Plot Tour

Sedgwick County



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Andale Plot - Neville

8:00 AM

1/2 mile south of
intersection 247th St W &
21st St N

(GPS: [37.714590](#),
[-97.624487](#))

Coffee and Donuts Provided by
Kanza Coop

Haysville Plot

10:45 AM

John C. Pair Center
1901 E 95th St S,
Haysville, KS 67060

A tour of the Pair Center will
be offered after lunch

Lunch Provided by Mulvane Coop
& Farmers Coop

Speakers

K-State Wheat Specialists

Contact Jeff Seiler: 316-660-0153
jseiler4@ksu.edu

4-H and Youth Development

Youth Spring Livestock Show



Every spring, young livestock exhibitors have a chance to practice their skills and acquaint their animals with the show ring at the Sedgwick County Fairgrounds in Cheney. Come have a good time and support our local 4-H/FFA and other exhibitors at the Spring Livestock Show this weekend May 4th and 5th! See the schedule below. Contact Dustin Hague with any questions at 316-765-4759.

Saturday May 4th

- Swine show – 9:00 AM
- Beef show – 1:00 PM

Sunday May 5th

- Goat show – 9:00 AM
- Sheep show – 1:00 PM

Health and Nutrition

Start Planning for Canning Now!

Gardeners are eager to plant their gardens! Now is the time to make sure canning equipment is ready for the food preservation season. Below are some reminders:

Get dial pressure gauges tested. The Presto® Pressure Gauge tester will test gauges made by Presto including the brands National, Presto®, Magic Seal, and Maid of Honor. We will not test All American brand gauges. If the test shows more than two pounds of pressure off, it should be replaced.



Check your jars for cracks, chips, etc. Decide how many new lids to buy.

Make sure rubber gaskets on pressure canners are not cracked and are still pliable.

Look for new tested recipes to try!

For more information, see www.rrc.ksu.edu. Click on "Food Preservation." Contact Sara Sawyer, Nutrition, Health, & Wellness Agent, if you have any questions or need to get your dial pressure gauge tested at 316.660.0118 or sarasawer@ksu.edu.

This article was published in the May 2024 "You Asked It!" K-State Research and Extension E-Newsletter by Karen Blakeslee. Photo source: KSRE

K-State News

K-State, The University of Kansas Health System Announce Partnership to Support Rural Health Care and Communities

Through the [K-State 105 initiative](#), Kansas State University and [The University of Kansas Health System](#) have announced that the two organizations are working together to explore ways to support health care in rural Kansas communities.



The partnership is a first-of-its-kind collaboration that brings together the land-grant mission and statewide presence of K-State through K-State Research and Extension with the expertise and experience of the state's only academic health system.

The program will start with pilot projects in areas still being determined through collaboration with communities and with K-State Research and Extension offices.

[Learn more about the partnership.](#)

Get Involved!



Volunteer Opportunities

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

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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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