

KANSAS STATE UNIVERSITY

Extension

Sedgwick County

November 2025 *eNews*

"Knowledge for Life"

[Click here for all of our Winter 2025 events!](#)

Welcome New Extension Director Kelli Anderson



Kelli Anderson grew up on her family's registered Angus cattle operation in northwest Oklahoma. Throughout her youth she was active in 4-H and FFA, and enjoyed livestock judging, public speaking and exhibiting Angus cattle across the U.S. She graduated from Oklahoma State University with a bachelor's degree in Agricultural Communications and from North Dakota State University with a master's degree in Extension Education. Her graduate research focused on strategic planning and leadership in educational organizations.

Anderson has spent more than 10 years working for NDSU Extension as a marketing and communications specialist, training staff to market their programs and showing Extension's value to stakeholders and

community partners. Most recently, she served as the Interim Co-Director of the Agriculture Communication Department at NDSU. Kelli and her husband, Skip, have a four-year-old daughter, Wynn. They look forward to getting to know people in the community and exploring all the wonderful things that Sedgwick County has to offer. Kelli welcomes calls and emails to discuss ideas to grow Extension programming in Sedgwick County. Please contact her at **kellcanderson@ksu.edu** or 316-660-0105.

4-H and Youth Development

JOIN 4-H!

47 PROJECTS

- Animal Science
- Communication & Expressive Arts
- Engineering & Technology
- Family & Consumer Sciences
- Leadership & Personal Development
- Natural Resources
- Plant Science

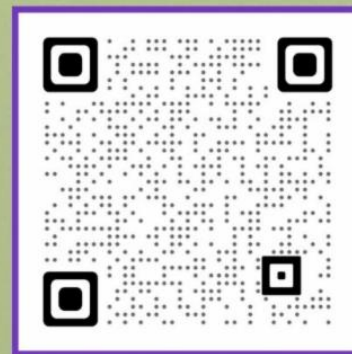
15 CLUBS



1 FAMILY

4-H

Makes the best better
Cultivates kids' self esteem
Grows tomorrow's leaders today
Inspires youth to find their passions



CALL 316-660-0115

WWW.SEDGWICK.KSU.EDU/4-H

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

Why join 4-H?

4-H is one of the most impactful youth programs in Kansas and right here in Sedgwick County, youth and adults can take part in a huge variety of hands-on learning experiences, leadership opportunities, and community events. Whether a young person wants to try something

new, build confidence, or develop lifelong skills, 4-H has something for everyone.

Read More [Here](#)

FAMILY LIFE

Out of the Box Gifts

In December, the lights, carols, and the aroma of Grandma's freshly cooked dish fill our homes with joy. It's a time that invites us to give and receive, but it also reminds us of something essential: the most valuable gifts don't come in boxes or are bought in stores. They are the shared moments, the laughter around the table, and the heartfelt conversations that strengthen family bonds.



In an increasingly fast-paced and materialistic culture, it's easy to forget that what we remember most about the holidays aren't the gifts, but the experiences and feelings that stay in our hearts. Children rarely remember what toy they received five years ago, but they do remember how they felt decorating the tree with their grandparents, cooking with their mother, or singing carols with the whole family.

Family time is the true gift. It not only creates memories but also builds trust, emotional security, and a sense of belonging. Studies from Harvard University show that families who share meals, traditions, and regular conversations raise children with higher self-esteem, better social skills, and a more positive outlook on life

[Read More English](#)

[Read More Spanish](#)

WE'RE HIRING!

Learn more at:

www.ksre.k-state.edu/about/careers

KANSAS STATE
UNIVERSITY | Extension

Kansas State University is an equal opportunity employer.
A criminal background check is required.

EFNEP Nutrition Assistant

Support Kansas families & youth with hands-on nutrition education.



Full-time



Wichita, KS



\$15.25-18.50/hour



K-State Careers #520611

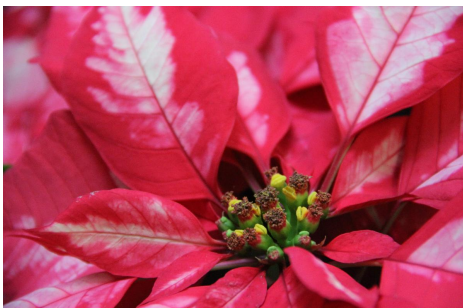


The Extension Nutrition Program within K-State Extension is currently seeking one full-time Extension Nutrition Assistant. The Extension Nutrition Assistant will provide nutrition education to low-resourced families with young children and youth to support the goals of the Expanded Food and Nutrition Education Program (EFNEP). This position provides nutrition education to enrolled families and youth, and tailors the content to the needs of each client. This position is eligible for the following benefits: health insurance, life insurance, retirement plans, tuition assistance program, paid time off vacation, sick and holidays. To see the full job description and to apply, visit:

<https://www.ksre.k-state.edu/about/careers/position-announcement/efnep-sedgwick.pdf>

Horticulture

Pointers for Poinsettia Care



Poinsettias are one of the most popular potted flowering plants in the US, primarily because of their use during the holiday season. While we typically only grow them for a few months of the year, we want our

Poinsettias to look their best during that time.

To achieve that goal, here are a few tips and tricks to help keep your poinsettias looking their best this holiday season.

Plant Selection:

- Avoid purchasing Poinsettias that have a lot of yellow pollen in the center of the flower – these plants have been blooming for a while and will have a shorter flower lifespan. Instead look for plants with tightly closed centers.
- When traveling with Poinsettias, be sure to protect the plants from cold winter temperatures outdoors. Placing a bag over the plant can help trap warm air around the plant while traveling to and from your destination.

Plant Placement At Home:

- Once home, continue to protect plants from drafts of hot or cold air. Temperatures above 75°F shorten bloom life and below 60°F can cause root rot.
- Place in an area with bright light, but away from drafts or strong sources of heat.

Watering:

- Examine the potting soil daily and water when soil becomes dry to the touch. Never let the plant wilt or it will lose its leaves.
- Water poinsettias with lukewarm water until it begins to run out of the holes in the bottom of the pot. Discard drainage water.
- Keep the soil moist but not soggy wet - poinsettias do not like “wet feet.” Always be sure to drain excess water from the foil or dish holding the plant to prevent this problem.

For more information on how to best care for your poinsettia, or to learn how to grow you poinsettia all year long, visit our K-State publication:

<https://www.shawnee.k-state.edu/lawn-garden/Poinsettia.pdf>



Gifts for Gardeners

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

Finding the perfect holiday gift for gardeners can be a challenging task. These passionate individuals often spend their time outdoors and typically have an extensive collection of tools and supplies already. To assist you in your gift-giving endeavors, Calla Edwards, the Horticulture Agent for Butler County, conducted a survey among Master Gardeners and gardening enthusiasts. This survey revealed their favorite tools, supplies, and plants, providing you with a wealth of ideas for the gardener in your life. Join Calla for a fun webinar this holiday season!



Register Here!



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



December K-State Garden Hour Webinar

As you put together your holiday shopping list, we are here to help you find the best gifts for the gardeners in your life. Join the next K-State Garden Hour webinar on Wednesday, December 3, 2025, to learn more about "Gifts for Gardeners". Join Calla Edwards as she shares what Master Gardeners and gardening enthusiasts around Kansas have revealed as their favorite gardening tools, supplies, resources, and plants. Make your holiday shopping a breeze with this fun holiday presentation! 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

WE'RE HIRING

Office Professional

For more information visit:
sedgwick.ksu.edu/jobs

We're excited to announce a full-time Office Professional role in the Agriculture/Horticulture Department at K-State Extension – Sedgwick County. This key position supports three Ag/Hort agents and other professional staff with office coordination, event support, marketing, and more. Applications are being accepted now, with priority consideration through December 5, 2025.

[-View the position announcement \(PDF\)](#)

Aging and Medicare

Medicare Open Enrollment Ends December 7



With busy holidays approaching, now is a good time to double-check that your Medicare coverage will meet your needs in 2026. Medicare Open Enrollment runs through December 7, and this is the yearly opportunity for beneficiaries to review costs, coverage changes, and prescription

formularies—and make updates if needed.

K-State Extension—Sedgwick County SHICK office offers Medicare Options Classes to help you understand your choices. These sessions are a great resource for individuals turning 65 soon, current beneficiaries who want to compare plans, and caregivers supporting loved ones.

We also provide free, unbiased Medicare counseling through SHICK. Appointments fill quickly during Open Enrollment and beyond, so scheduling early is encouraged.

For class dates or counseling appointments, please call 316-660-0126.

Agriculture



BEGINNING RANCHER SERIES

November 18th, 2025

December 9th, 2025

Light Dinner Served at 6:00 p.m.
Program 6:30-8:30 p.m.



November 18th

Guest Speaker: Jason Warner,
K-State Extension Cow-Calf Specialist
Topic: Body Condition Scoring &
Vaccine Storage



December 9th

Guest Speaker: Jaymelynn Farney,
K-State Beef Systems Extension Specialist
Topic: Land Use, Stocking Rate, &
Plant Identification



Butler County Community/4-H Building
200 N. Griffith
El Dorado, KS



Register
Today!

<https://forms.gle/2D18uAjC2iwfGLke6>



This institution 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 of communication (e.g., Braille, large print, and American Sign Language), may be requested by contacting the event contact Charlene Miller four weeks prior to the start of the event at 316-321-9660 or cmiller1@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 is an equal opportunity provider and employer.

Local Food



2026 Local Food Producer Workshops Save the Date!

February 6 - Olathe

February 7 - Hutchinson

February 20 - Holton

February 26 - Dodge City

February 27 - Oakley

March 6 - Parsons

March 10 - Beloit

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

K-STATE
Research and Extension
Local Food Systems


Kansas
Department of Agriculture



For additional details and to register visit:
ksre-learn.com/food-producer-workshops

Plan Now to Attend the 2026 Local Food Producer Workshops

K-State Extension, in collaboration with the Kansas Department of Agriculture and the Kansas Center for Sustainable Agriculture & Alternative Crops, is hosting regional **Local Food Producer Workshops** across Kansas in early 2026. These in-person events are designed to help you grow your business — connect with fellow producers, learn practical strategies for direct-to-consumer sales, and strengthen your position in local markets. Scale certification will take place at most locations.

Details and registration will be announced soon.

Health and Nutrition

Spice It Up With Ginger!



As the holiday season approaches, plans are being made to bake tasty treats. Some of these may include ginger, such as gingerbread and gingersnap cookies. The use of ginger in medicinal uses dates back thousands of years. The Chinese use it as a digestive aid and to prevent nausea. It was Queen Elizabeth I who is credited for developing the first gingerbread man Christmas treat. In 1907, a Canadian pharmacist patented

"Canada Dry Ginger Ale" that became popular during the American prohibition era. It is an essential ingredient in Indian cuisine.

For culinary use, ginger is available in several forms such as fresh ginger root, dried ground ginger, and crystallized ginger. The flavor of ginger is described as citrusy, musty, soapy, pungent, and bitter. Ground ginger is readily available in many grocery stores. Besides gingerbread and gingersnap cookies, it is often used in apple or pumpkin pie. Ground ginger tends to be less pungent than fresh ginger. Fresh ginger is found in the produce aisle of grocery stores. Peel off the outer skin then grate, chop or julienne into small pieces. Fresh ginger has the most pungent flavor. Candied or crystallized ginger is typically used in desserts, either as an ingredient or garnish.

Learn more about ginger from the [McCormick Science Institute](#).

This article was published in the December 2025 "You Asked It!" K-State Extension E-Newsletter.

Get Involved!

K-State 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

Volunteer Opportunities



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](#)

ExtensionEducationFoundation.org

Sedgwick County

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



K-State Extension - Sedgwick County

This monthly e-newsletter is intended to inform citizens of events, activities and research-based information from K-State Extension Center - Sedgwick County 7001 W. 21st St. N., Wichita, Kansas 67205

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K State 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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