

# K-STATE

## Research and Extension

### Sedgwick County

July 2025 *eNews*

*"Knowledge for Life"*

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

## 4-H and Youth Development

**Discover the Heart of 4-H at the  
Sedgwick County Fair**

# *Sedgwick County Fair*

July 9<sup>th</sup> - July 12<sup>th</sup> in Cheney, KS

[www.OurCountyFair.com](http://www.OurCountyFair.com)



Join us in celebrating youth, agriculture, and community spirit!

## **When & Where**

- ☐ **Sedgwick County Fairgrounds, Cheney, Kansas**
- ☐ **Fair dates: July 9<sup>th</sup>-July 12<sup>th</sup>**
- ☐ **4-H events take place throughout the week—check the daily schedule for highlights!**

The Sedgwick County Fair is more than just a summer tradition—it's a celebration of hard work, hands-on learning, and the vibrant future of our community. At the heart of it all is 4-H, a youth development program that teaches leadership, citizenship, and life skills through real-world experiences. Whether you're a long-time supporter or new to the world of 4-H, we invite you to come out and see what makes this program so special.

## **What to See at the Fair**

Come walk through the 4-H exhibits and you'll find:

- **Livestock Shows – Watch as youth showcase the animals they've raised, from cattle and goats to pigs and poultry. These shows reflect months of early mornings, feeding schedules, and careful training.**
- **Project Exhibits – View hundreds of exhibits including photography, woodworking, cooking, arts and crafts, clothing construction, and more. Each project tells a story of learning and effort.**

And that's just the beginning! The fairgrounds are buzzing with fun,

from food trucks and carnival rides to live entertainment and hometown hospitality.

### **Come Support the Future**

Your presence at the fair means more than you may realize. When you visit a 4-H exhibit or cheer at a livestock show, you're encouraging youth to keep learning, trying, and growing. You're reminding them that their work matters and that their community supports them.

# **Horticulture**

## **Cleaning Up Tree Damage From Recent Storms**



Recent storms and strong winds around Sedgwick County have caused significant tree damage in some areas. From dead limbs and broken branches falling from trees, to entire trees being blown over at ground level, the extent of the tree damage is varied. To help in cleaning up storm damaged trees, we want to offer these tips:

1) Be safe – check for downed power lines or broken branches still hanging in the tree canopy before starting cleanup efforts

2) Start by removing small debris - tree

damage can look worse than it actually is

3) Prune broken branches back to the next branch or to the trunk – cut just outside the branch collar and branch bark ridge area, do not make flush cuts

4) Don't be afraid to remove the entire tree if necessary – severely damaged trees may pose a future safety risk. If the main trunk is split, there is significant bark damage, or the inner wood is exposed, removal of the tree may be necessary.

5) Consult an expert if the tree is too big or the damage is too extensive. Look for an arborist who is both insured and certified. Arborists can be certified through either the [Kansas Arborists](#)



[Association](#) or the [International Society of Arboriculture](#).

For more information on dealing with storm damaged trees, visit this article from our Shawnee County Extension Office:

<https://www.shawnee.k-state.edu/lawn-garden/Pruning Storm Damaged Trees 2018.pdf>



## **A Look at KS Demonstration Gardens**

Wednesday, July 2nd 12:00PM -1:00PM CST

For this special edition of the K-State Garden Hour, join Extension agents Mathew McKernan, Markis Hill, Jason Graves, and Jay Harris, alongside Johnson County Master Gardener Coordinator Mary Mathew, as they highlight demonstration gardens across Kansas. Discover how these gardens serve as hubs for education, sustainability, and community engagement. Don't miss this unique opportunity to learn from leaders helping shape the future of gardening in Kansas.



Register Here!



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



## **July K-State Garden Hour Webinar**

Sit back, relax, and be taken on a tour of Extension Demonstration Gardens across the state of Kansas. Discover how these gardens serve as hubs for education, research, sustainability, and community engagement. Join the next K-State Garden Hour webinar on Wednesday, July 2, 2025 to learn more about "Cutting-Edge Efforts in Kansas Demo Gardens". Join Horticulture Agents from Johnson County, Saline County, Ellis County, & Sedgwick County as they highlight demonstration gardens across 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](http://www.ksre-learn.com/KStateGardenHour)

**K-STATE**  
Research and Extension

Master Gardener



*Sedgwick County...  
working for you*

# BECOME A MASTER GARDENER



## WHY JOIN THE PROGRAM?

The Sedgwick County Extension Master Gardener Program is an educational volunteer program sponsored by Kansas State University, K-State Research & Extension, and Sedgwick County. Extension Master Gardeners come from a variety of backgrounds and share a passion for gardening, an enthusiasm for learning, and a commitment to helping others. Master Gardeners receive training in the discipline of horticulture, and after successfully completing training, they will share their time and expertise as volunteers in their community to promote horticultural education. Apply to be an Extension Master Gardener today!

## Learn more at the Master Gardener Program Information Meeting

**K-State Research & Extension Center, 4-H Hall**

**7001 W. 21st St N., Wichita, KS 67205**

**2:00 pm, Thursday, July 17<sup>th</sup>, 2025**

**Apply To Become A  
Master Gardener By July 24, 2025:  
[sedgwick.ksu.edu/mastergardener](http://sedgwick.ksu.edu/mastergardener)**

**Contact Us For More Info:**  
Debra Harries, EMG Coordinator  
316-660-0138  
[debraharries@ksu.edu](mailto:debraharries@ksu.edu)

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 four weeks prior to the start of the event (June 19, 2025) 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

## Become a Master Gardener Volunteer

Planting a seed can do more than just grow a plant. It could change a life or even a whole neighborhood. Across the country, Extension Master Gardener Volunteers are doing just that. Last year in Sedgwick County alone, the Extension Master Gardener Volunteers contributed over 28,513 hours to developing gardeners, promoting sustainable gardening practices, and improving communities across Sedgwick County, transforming communities one garden at a time. And the best part? You can join them.

The Sedgwick County Extension Master Gardener Volunteer Program is now seeking more volunteers for the upcoming fall training program, and anyone in the Sedgwick County community is encouraged to apply. A free **informational meeting will be held on Thursday, July 17th from 2:00-4:00 p.m. at the Sedgwick County Extension Center in 4-H Hall** (7001 W. 21st St. North, Wichita, KS 67205). The meeting will outline the requirements and benefits of the program, and current Master Gardeners will be on hand to share their volunteer experiences and discuss volunteer opportunities within the community. Learn more about the Sedgwick County Extension Master Gardener Volunteer Program and how you can get involved at:

<https://sedgwick.ksu.edu/mastergardener>

# Aging and Medicare

## Medicare Options Class Update



We had a great turnout at our June 20 Medicare Options Class, with 30 participants joining us to learn more about their coverage choices.

Thank you to all who attended and helped make it a success.

Our next free Medicare Options Class will be held on Monday, July 21, from 11:30 a.m. to 1:00 p.m. at Sedgwick County Extension.

This class is ideal for individuals new to Medicare or anyone helping a loved one navigate coverage options.



Registration is required and can be completed online at:

<https://lp.constantcontactpages.com/ev/reg/hpecmk9>

## Local Food



Looking for local food in Sedgwick County and neighboring counties? Visit the ICT Food Circle Local Food Directory at [www.ictfoodcircle.org/local-food-directory/](http://www.ictfoodcircle.org/local-food-directory/) to find local food producers, farmers markets, and more!



Looking to support local food in the Wichita area? Join the #ICTYourPlate movement—an open invitation to anyone passionate about increasing the demand for healthy, locally produced foods. All year long, use the hashtag on Instagram, Facebook, or wherever you share to highlight your local food purchases, meals, recipes, and events. Whether you're showcasing a farm-fresh dish, shopping at a farmers market, or discovering a new local product, help raise awareness and excitement by tagging #ICTYourPlate. It's more than a hashtag—it's a call to action that encourages our community to eat and shop locally while building a recognizable image for the local food movement. Be sure to shout out the farms, producers, and businesses behind your plate!

## Health and Nutrition

**Sip Smart: Simple Tips to Stay Hydrated This Summer**

Did you know that dehydration can affect your energy, mood and focus? As summer heats up, staying hydrated is more important than ever. Your body loses more fluids through sweat, especially during outdoor activities, and it's easy to forget to drink enough water when you're busy.



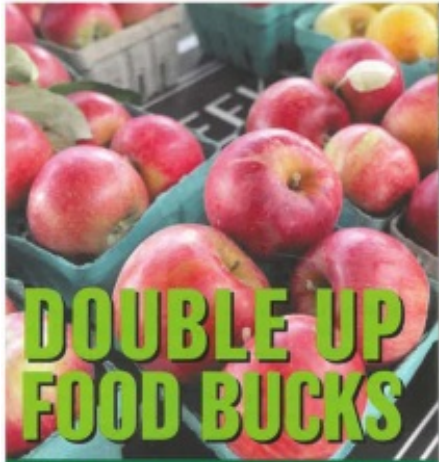
Simple habits can help: add lemon or cucumber to your water for a fun twist, sip water before you feel thirsty, and keep a reusable water bottle nearby to make hydration easier. Try drinking a glass of water with each meal to stay consistent.

Even small changes make a big difference. Staying hydrated helps you feel your best all summer long!

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## **EFNEP-Snap Ed**





## DOUBLE UP FOOD BUCKS



2025

**SNAP Users:**  
DOUBLE YOUR FOOD DOLLARS!  
Get more fruits and veggies!

For information,  
call **816-701-8286** or visit  
[www.DoubleUpHeartland.org](http://www.DoubleUpHeartland.org).

**KANSAS**



**Double Your SNAP Dollars!** up to \$25 per day

### HOW IT WORKS

◀◀ See inside for participating Double Up Food Bucks locations!

#### At participating **GROCERY STORES**

- 1 **BUY** fresh vegetables and fruit with your SNAP EBT card.
- 2 **EARN** \$1 FREE Double Up Food Bucks for every \$1 you spend on fresh produce. Get your earned Food Bucks on your loyalty card, store account or coupon.
- 3 **SPEND** your Double Up Food Bucks on more fresh vegetables and fruit.



#### At participating **FARMERS MARKETS**

- 1 **BUY** SNAP tokens with your SNAP EBT card at the farmers market info booth. These tokens can be used to buy any SNAP-eligible item.
- 2 **GET** a matching amount of Double Up Food Bucks tokens. These tokens can be used to purchase vegetables and fruit.
- 3 **SHOP!** Look for vendors who accept the SNAP and DUFEB tokens.



#### At participating **FARM STANDS & MOBILE MARKETS**

- 1 **BUY** fresh vegetables and fruit with your SNAP EBT card.
- 2 **EARN** an immediate 50% off the total amount of fruits and vegetables purchased.

SNAP, the Supplemental Nutrition Assistance Program, is the federal nutrition program formerly known as food stamps. Participants use electronic benefits transfer (EBT) cards to buy program-eligible foods.

# Family Life

## Summer Bliss Starts with This Secret!



**Summer** is a season eagerly anticipated by many families—long days, warm weather, and a break from school responsibilities. However, while summer brings more flexibility and opportunities to enjoy family time, it is also important to recognize the value of maintaining daily routines at home during this period.

[Read More English](#)

[Read More Spanish](#)

# 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](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**

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](http://www.ksre.ksu.edu)



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