

K-STATE

Research and Extension

Sedgwick County

March 2025 *eNews*

"Knowledge for Life"

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

Horticulture

#KSTATEGARDENHOUR

K-STATE GARDEN HOUR

Establishing a Native Prairie Stand at Home

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

Transform your land into a thriving prairie habitat! Join Amy Keigher, Johnson County Natural Resources Extension Agent, as she guides you through the process of establishing a home prairie stand. Learn about the benefits of prairie landscapes, plant selection, and maintenance techniques to create a beautiful, sustainable ecosystem right at home.



Register Here!



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



Native plants have long adapted the environmental extremes of the Kansas weather. Their ability to overcome drought, cold, heat, wind, and floods are all reasons more and more people are converting parts of their yards and properties into native plants. Join the next K-State Garden Hour webinar on Wednesday, March 5, 2025 to learn more about "Establishing a Native Prairie Stand at Home". Amy Keigher, Johnson County Natural Resources Extension Agent, will share about the benefits of prairie landscapes, how to select the right plants, and maintenance techniques to create a beautiful, sustainable ecosystem right at home. 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

YOUTH LAWN MOWING CLINIC

Learn the basics of safely running a lawn mowing business

WHERE

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

WHO

Youth Grades 5th - 9th

WHEN

Wednesday, March 19, 2025

A.M. OR P.M. Clinics Available:

Morning Clinic: 9:20-11:30am

Check-in 9:00-9:20am

Afternoon Clinic: 1:20-3:30pm

Check-in 1:00-1:20pm

REGISTRATION

\$10 by March 10th

\$15 after March 10th

Space is limited, secure a spot early

\$10 business kick-starter award for each graduate

INCLUDED IN THE CLINIC

- Lawn grasses and their proper care
- Lawn mowing safety
- Lawn mower maintenance
- Lawn mowing business basics
- Information packet & business cards
- Safety equipment
- Certificate of completion

REGISTER ONLINE

www.sedgwick.ksu.edu/events

or by calling 316-660-0100



K-STATE
Research and Extension

Master Gardener
Sedgwick County



Sedgwick County...
working for you

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 (February 19, 2025) at (316)-660-0140 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.

Every year in the US, an average of 8,500 kids are treated in Emergency Rooms for lawn mower related accidents. Right here in Sedgwick County, Wesley Children's Hospital sees an average of 2-3 kids each year with lawn mower related injury. Help educate and protect area youth through proper lawn mower safety and education.

Youth grades 5-9 are invited to participate in the 2025 Youth Lawn Mowing Clinic. Whether mowing for others or in their own backyard, this event will provide youth with essential life skills like lawn mower safety, lawn mower maintenance, and entrepreneurship. Participants will also learn about the different types of lawn grasses that grow in our area and how to properly care for each type. Upon completion of the event, youth will also receive safety equipment, prizes, and a \$10.00 award to help fund the start of their lawn mowing business.

Two sessions of the Youth Lawn Mowing Clinic will be held on Wednesday, March 19th, 2025:

- The morning session will run from 9:20 a.m. – 11:30 a.m.; Check-in starts at 9:00 a.m.
- The afternoon session will run from 1:20-3:30 p.m.; Check-in starts at 1:00 p.m.

Both clinics are being offered at the Sedgwick County Extension Office, inside 4-H Hall. Registration is required, and costs only \$10 if completed by March 10th.

[Visit our website to learn more and register.](#)

Spring Garden Tips for Drought Preparedness



Many simple gardening practices can greatly impact the drought preparedness of your lawn and garden the rest of the year. Here are 6 quick tips for preparing your garden this spring for drought:

Core Aerate Your Lawn: this will help improve soil health and allow

moisture to reach deeper into the soil

Prevent Weeds: weeding and applying pre-emergents can prevent summer weeds which will compete for water with desirable plants in the lawn & garden

Apply Mulch: this will help conserve soil moisture & reduce weed competition

Apply Minimal Irrigation: minimal watering practices in the spring help to develop deep root growth. Do NOT overwater in the spring. Most lawns and gardens will thrive on watering just once a week or less. More frequent irrigation can limit deep root growth in the spring, making plants more sensitive to drought when temperatures increase.

Inspect Irrigation Systems For Leaks: when turning on irrigation systems for the growing season, inspect all zones for leaks, overspray, or wasted water

Water Deeply When Irrigating: begin your year using best watering practices. Water deeply, and infrequently, soaking the ground 6-12 inches deep with each watering, and providing “mini droughts” in between watering to increase the depth of plant roots.

For more tips and water conservation techniques, visit our drought resources website: <https://sedgwick.ksu.edu/drought>

Family Life

Most Impactful Gift

Love or falling in love is spontaneous, but maintaining love takes intention and effort. Strong relationships—whether with a partner, family member, or friend—require patience, communication, and acts of kindness over time. Love grows when nurtured through shared experiences, understanding, and support.



Have you heard about the Love Languages? An idea created more than thirty years ago by Dr. Gary Chapman, explains five main ways people

give and receive love. Dr. Chapman dissects the principles behind communicating love. These love languages are not limited to romantic relationships; they are equally crucial in friendships, family bonds, and other connections, strengthening relationships through intentional and shared experiences. Love languages are important because they help us connect with our loved ones in a way that truly resonates with them. When we understand how someone prefers to receive love, we can express care in a way that feels most meaningful to them.

[Read More English](#)

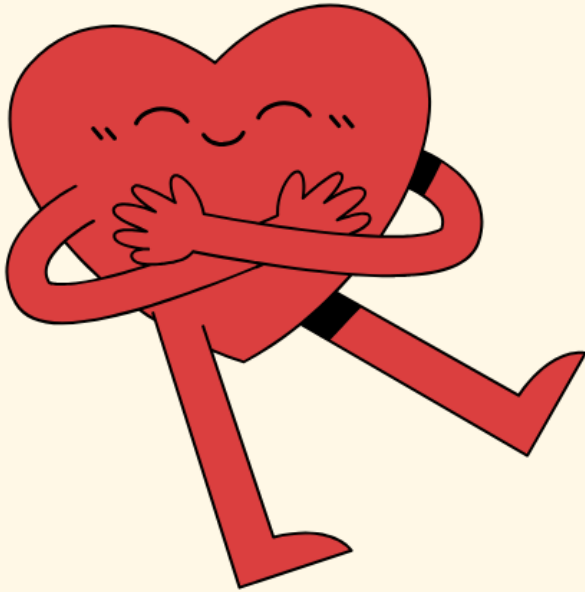
[Read More Spanish](#)

Health and Nutrition

**Join the Healthy Hearts Series at
Haysville Community Library!**



HEALTHY HEARTS SERIES



RSVP by scanning the
QR code or visiting:
<https://bit.ly/4jxcOuE>



Questions? Contact:
Olga Lesnik
316-660-0127
olgalesnik@ksu.edu

HAYSVILLE COMMUNITY LIBRARY
210 S. HAYS AVE., HAYSVILLE, KS 67060

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This March, take charge of your heart health with a free educational series hosted by the American Heart Association, K-State Research and Extension, and Haysville Community Library. Each session covers key topics like blood pressure management, nutrition, diabetes awareness, and fun heart-healthy activities.

- **March 4:** Let's Get Down with Blood Pressure
- **March 11:** Nutrition & Physical Activity
- **March 18:** Know Diabetes by Heart
- **March 25:** Heart Healthy Bingo

All sessions run from **4:00 – 5:00 PM** at **Haysville Community Library (210 S. Hays Ave., Haysville, KS 67060)**.

RSVP today by scanning the QR code or visiting
<https://bit.ly/4jxcOuE>.

For questions, contact **Olga Lesnik** at **316-660-0127** or
olgalesnik@ksu.edu.

Take this step towards a healthier heart! ♥

EFNEP-SnapEd

All Food is Made of Chemicals

This article was published in the April 2024 "You Asked It!" K-State Research and Extension E-Newsletter.

All food, just like everything else in the world, is made of chemicals. What is important to remember is how much of a chemical is in food AND how much a person eats or drinks. Bottom line, it's the amount that counts. Foods contain nutrients, which are chemicals and are important for a healthy, balanced diet. Reading or hearing about chemicals in food, when combined with words like "toxic," "extremely dangerous" and "cancer-causing" may be scary, especially if you aren't getting all the facts.

Here are a few points to help you navigate information about chemicals in food:

- More complete information from a credible medical and scientific source would likely explain how much of the chemical is in the food, how much of a food someone actually eats or drinks and whether the chemical is present at a level that is harmful to people.
- Chemical names may sound complicated but that does not mean they are not safe. Some may be ingredients you are familiar with. For example, tocopherols are vitamin E, sodium chloride is salt, and dihydrogen monoxide is water.
- Some chemicals safely used in food may have other non-food uses. For example, vinegar is used as a household cleaner but also is used in small amounts in food. If used in food, a chemical must meet the FDA's safety standard.

You have choices to make. Eat a variety of nutrient-dense foods to have



a well-balanced diet.

Learn more at <https://www.fda.gov/consumers/consumer-updates/food-safe-if-it-has-chemicals>

4-H and Youth Development

Join Sedgwick County 4-H Today!



Now is the perfect time to sign up for Sedgwick County 4-H and become part of an exciting community of young learners and leaders! With over 14 clubs in Sedgwick County to choose from and more than 30 different project areas, there's something for everyone. Whether you're interested in livestock, photography, robotics, cooking, or public speaking, 4-H offers hands-on experiences that help build skills for the future.

To participate in the Sedgwick County Fair, you must be enrolled by March 1st, so don't wait! Signing up is easy and opens the door to a world of learning, leadership, and fun. Members get to explore their interests, make new friends, and work on projects that can be shown at the fair and beyond. Don't miss out on this opportunity to grow and achieve with Sedgwick County 4-H.

Enroll today at <https://v2.4honline.com/#/user/sign-in> or call 316-660-0115 for more information. Sign up today and start your 4-H adventure!

K-State News

Learning Applied: Recent K-State Graduates in Demand

The numbers speak for themselves: **96%**



[of K-State graduates report](#) they are employed or furthering their education after graduation. This level of success is positive for students and means K-State is a robust, in-demand talent pipeline for Kansas businesses and the Midwest region.

The most recent class of K-State graduates report working for 1,721 unique employers, including Textron, Cargill, Koch Industries, Garmin, Kiewit, Burns & McDonnell and Shamrock Trading Corporation.

[Read more about the latest Kansas State University post-graduation report.](#)

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](#)

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

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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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