

K-STATE

Research and Extension

Sedgwick County

November 2025 *eNews*

"Knowledge for Life"

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

4-H and Youth Development

Sedgwick County 4-H: Where Youth and Families Grow Together and Get "Beyond Ready"



By Stephanie Hays, Sedgwick County 4-H Youth Development Agent

Sedgwick County

In today's rapidly changing world, children and families are looking for opportunities that build confidence, cultivate purpose, and prepare youth not only for school and jobs, but for life. That's exactly what the Kansas 4-H Program in Sedgwick County offers through the club-based, hands-on

experience of 4-H. This year, the national 4-H organization launched the “Beyond Ready” initiative, signaling how 4-H helps youth go well beyond basic preparation, into leadership, community engagement, resilience, and lifelong learning.

Why join 4-H?

Research shows that youth who participate in high-quality 4-H programs are more likely to succeed academically, volunteer in their communities, lead teams and projects, and navigate life transitions with confidence. In Sedgwick County, 4-H helps youth discover their “spark”—whether that is robotics, animals, gardening, public speaking, sewing, or entrepreneurship—and supports them in belonging to a community of peers and adult mentors who believe in them.

Read More [Here](#)

FAMILY LIFE

When Nothing Feels Enough

In the digital era, both parents and children are exposed to a constant stream of comparisons. Social media showcases idealized images of families, academic achievements, or lifestyles that rarely reflect everyday reality. This phenomenon can leave parents with the sense that “nothing I do will ever be enough,” a concept that psychological research links to learned helplessness or a feeling of impotence. When this perception persists, it can undermine self-esteem, emotional well-being, and the parent-child relationship. Neuroscience studies point out that the human brain is not designed to process the information overload and comparisons imposed by the virtual world. For children and adolescents, growing up in this environment can mean constant pressure to meet unrealistic standards. When parents also feel unable to meet expectations, a cycle of frustration develops that spills over into family dynamics.



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[Read More Spanish](#)

EFNEP

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

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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



Learn more [Here](#)

Horticulture

November Workshop Readies Horticulture Businesses with Innovative Industry Knowledge

This month, the K-State Extension Office in Sedgwick County will host the 2025 Commercial Pesticide Applicator Training Workshop on Wednesday, November 19, 2025, from 8 a.m. to 5 p.m. at the Sedgwick County Extension



Education Center in Wichita. Designed for horticultural professionals managing lawns, landscapes, trees, parks, and golf courses, the workshop offers the latest scientific updates on pest management, safety, and regulatory compliance for all members of

the horticulture industry.

Participants will gain essential knowledge on industry best practices, while also gaining continuing education credits for pesticide applicator licenses with the Kansas Department of Agriculture and certified arborist accreditations with the International Society of Arboriculture. Training topics include turfgrass and ornamental pest management, weed and disease identification, and Kansas pesticide laws.

Registration is \$70 through November 5, increasing to \$85 after that date. [Click here to learn more about the program and to register.](#)



K-STATE GARDEN HOUR

Climate Resilient Gardens

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

Gardening in a changing climate can be a challenge. Join Pam Paulsen, Reno County Horticulture Agent, to explore practical methods to grow gardens that are resilient to tough growing conditions. Some of these methods include native and adapted plants, soil improvement, efficient use of water and nutrients, and attracting beneficial insects.



Register Here!



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



November K-State Garden Hour Webinar

We all know the Kansas climate can be brutal – droughts, floods, extreme heat, extreme cold, strong winds, and everything in between. Our gardens face all of these challenges, but how well have we prepared our garden for these challenges? Join the next K-State Garden Hour webinar on Wednesday, November 5, 2025 to learn more about “Climate Resilient Gardens”. Join Pam Paulsen as she shares tips for plant selection, soil improvement, water use, and more to create gardens that are resilient to tough growing conditions. 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

Saturday December 06, 2025

HOLIDAY FLORAL DESIGN WORKSHOP

Create a Christmas tree table arrangement to take home!

\$75 per person

Register today – space is limited!



Create a One-of-a-Kind Holiday Centerpiece at Our Floral Design Workshop!

Saturday, December 6, 2025

Sedgwick County Extension Education Center

Join **K-State Research and Extension – Sedgwick County** for our **Holiday Floral Design Workshop**, a hands-on experience that blends art, creativity, and a touch of horticultural science.

Under the expert guidance of **Irina Sheshukova**, K-State Instructor, Extension Specialist, and Accredited Member of the **American Institute of Floral Designers (AIFD)**, you'll learn professional floral design techniques while creating your own **Christmas tree table arrangement** to take home and enjoy

throughout the season.

This workshop offers more than just crafting something beautiful — discover how plants and creativity can enhance your well-being, reduce stress, and connect you with others who share a passion for horticulture and design. Whether you're a seasoned floral enthusiast or a complete beginner, Irina's step-by-step instruction will help you feel confident and inspired every step of the way.

What You'll Learn:

- How to create a Christmas tree table arrangement
- The principles of floral design — color, texture, proportion, and form
- How to work with greenery and seasonal accents to create long-lasting arrangements
- Tips for keeping your creation fresh and vibrant through the holidays

Reasons to Join the Fun:

- Enjoy a relaxed, creative atmosphere perfect for a friend or family outing or personal treat
- Take home a festive centerpiece that's uniquely yours
- Learn new skills you can use for years to come
- Experience the joy of bringing nature and art together

Two sessions available:

Morning: 10:00 a.m. – 12:00 p.m.

Afternoon: 1:00 p.m. – 3:00 p.m.

Each session is limited to **25 participants** to ensure personalized instruction.

Cost: \$75 per person (includes all materials and supplies).

Location:

Sedgwick County Extension Education Center – Bison Room
7001 W. 21st Street North, Wichita, KS 67205 (21st & Ridge Road)

Spots fill quickly—register early to reserve your seat!

Visit <http://bit.ly/3ICQkuP> **to register.**

Aging and Medicare

Understanding Your Medicare Options in the New Year



Now that Medicare Open Enrollment is wrapping up, many people still have questions about their coverage choices and what changes might mean for them in 2026.

Our Senior Health Insurance Counseling for Kansas (SHICK) counselors are here year-round to

provide free, unbiased assistance with Medicare, whether you're reviewing your current plan, comparing new options, or navigating costs.

We'll also offer our first Medicare Options Class of 2026 on January 22, a great opportunity to learn the basics and get your questions answered in a relaxed, small-group setting.

Click here

(<https://lp.constantcontactpages.com/ev/reg/f64uah5>) to register.

If you or someone you know could benefit from one-on-one help, please contact our office at 316-660-0126 to schedule a SHICK counseling appointment.

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>



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Local Food

Kansas Seasonal Local Food

Items are organized based on when they are generally available fresh at your local farmers market, roadside stand, U-pick or CSA program. Local climate and growing practices may alter these seasons and harvesting windows.



Eat with the Seasons: Supporting Local Farmers All Winter Long

As summer farmers markets wrap up for the year, Sedgwick County residents still have plenty of ways to enjoy locally grown food through the colder months. The Kansas State University Extension Local Foods Systems program has developed a new seasonal food guide that highlights the produce available in Kansas throughout the year — reminding us that local eating doesn't stop when the weather cools.

The chart outlines what's in season each month, from the familiar summer favorites like tomatoes and sweet corn to hearty winter crops such as carrots, squash, and turnips. Root vegetables, stored apples, and winter greens like kale and spinach continue to thrive well past the first frost, offering fresh options long after the summer markets have closed.

Across Sedgwick County, winter markets and farm stands are extending the growing season with the help of high tunnels and greenhouses. These season-extension structures enable local growers to bring fresh, Kansas-grown produce to the community throughout the year, including during the winter months.

Buying from local producers year-round helps strengthen Sedgwick County's local food system and supports farm families who keep fresh food available in every season. Choosing local first also means fresher flavor, shorter supply chains, and a direct investment in the community's economy and sustainability.

Even when temperatures drop, our local growers continue to work — and our community can continue to enjoy the taste of Kansas throughout every season.

The [Kansas Seasonal Foods Guide](#) is available through K-State Extension online bookstore and is available for PDF download.

To find a local winter market near you, visit the ICT Food Circle Event Calendar at: [Local Food Event Calendar | ICT Food Circle](#)

Health and Nutrition

Give the Gift of Health this Holiday Season

For many of us, Thanksgiving marks the start of the season

of giving. If donating to a local food pantry is on your to-do list, consider giving the gift of health by choosing nutrient-rich, nonperishable food items this year.

Here are some healthy donation ideas to help families enjoy nourishing meals throughout the holidays and beyond:



Fruit

- Canned fruit packed in water or 100% juice
- Dried fruit
- 100% fruit juice

Vegetables

- Low-sodium or no-salt-added canned vegetables
- Low-sodium soups

Grains

- Whole-grain crackers, brown rice, whole-grain pasta, oatmeal, or whole-grain breakfast cereal

Protein

- Canned or dried beans (no-salt-added or low-sodium) such as kidney, navy, pinto, garbanzo, great northern, or black beans
- Lentils
- Canned tuna, salmon, or chicken (water-packed)
- Unsalted nuts such as walnuts, pecans, peanuts, or almonds
- Nut butter

Dairy

- Nonfat dry milk, evaporated milk, or shelf-stable milk

Before donating, contact your local food pantry to see what items are most needed.

To learn more about which foods are safe to donate, visit

bookstore.ksre.ksu.edu/pubs/MF3352.pdf

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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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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