

# K-STATE

## Research and Extension

### Sedgwick County

October 2025 *eNews*

*"Knowledge for Life"*

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



# EXTENSION COUNCIL PDC ELECTIONS

**OCTOBER 2, 2025**

Help us to elect our next group of Program Development Committee members who work to identify educational resources and programming to address local needs.

**K-STATE**  
Research and Extension

Sedgwick County

View Voter Guide [Here](#)



October 2, 2025

Vote online or in-person

Visit our website at [sedgwick.k-state.edu](https://sedgwick.k-state.edu) for more information



View our website [Here](#)

# EFNEP

## Free Nutrition Classes



Expanded Food and Nutrition Education Program ([EFNEP](#)) offers **FREE** nutrition education classes that help improve the whole family's health through good nutrition and food budgeting tips. EFNEP offers classes in English and Spanish for families with young children, pregnant persons, and youth grades 6-12. If you are eligible for or receiving SNAP, TANF, WIC, free/reduced lunches, or Head Start these classes are for you!

### Upcoming Classes:

**Dates:** Wednesdays, October 15 – November 19, 2025

**Time:** 10:00 – 11:00am

**Where:** Zoom

**Dates:** Fridays, October 17 – November 21, 2025

**Time:** 10:00 – 11:00am



**Where:** Zoom

To register and to see if you qualify contact Alicia at 316-660-0163

# Family Life

## School Year Habits That Will Make a Difference



The start of a new school year is like opening a blank book: an opportunity to set routines, set goals, and adopt habits that promote health and well-being. Beyond school supplies, what truly prepares students—and their parents—for success is a balance between mind, body, and emotions. These wellness tips can help you begin the school year in the best way.

[Read More English](#)

[Read More Spanish](#)

## 4-H and Youth Development



Welcome to Kansas 4-H

# Sedgwick County 4-H Kicks Off New Year October 1st

What if your child could discover a passion, master new skills, and gain the confidence to stand before a crowd and lead? Sedgwick County 4-H has been doing exactly that for generations, and October 1 is your family's chance to join the adventure.

[Read More](#)

## Horticulture

### Now is the Perfect Time for Tree Planting



Fall is the ideal time to plant new trees and shrubs. The soil is warm, so roots quickly establish, and air temperatures are cooler, allowing new plants to suffer less stress. Fall rains also help reduce the maintenance needed to help new trees become successful in the landscape.

If you are looking for recommendations on what new tree to plant this fall, check out some of our great resources for selecting the perfect tree:

- [Preferred Tree List For South Central Kansas](#)
- [Drought Tolerant Trees For South Central Kansas](#)
- [Conifer/Evergreen Trees For Kansas](#)
- [Trees For Windbreaks In Kansas](#)

Most all of the recommended trees listed in our publications will be planted in our Sedgwick County Extension Arboretum, surrounding our office. We'd invite you to visit these our over 325 trees this fall to help you in your tree selection. You can also learn about these trees and see year-round pictures of the trees growing in our Arboretum through our



online, interactive Arboretum Map.

Once you've found your perfect tree, here are a few more resources to help you maximize the success of your new tree:

- [Directions For Planting A Tree](#)
- [Watering Newly Planted Trees](#)
- [Mulching For Trees](#)

If you have any questions about trees, or any gardening topics, feel free to contact our free Garden Hotline. You can call us at (316)-660-0190, send an email to [sgemghotline@gmail.com](mailto:sgemghotline@gmail.com), or stop by in person with questions or a plant sample. Our Garden Hotline is staffed Monday-Friday, 9:00 am - 12:00 pm and 1:00-4:00 pm.



## **Keys to Successful Community Garden Spaces**

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

Community gardens are vital spaces for growing healthy food, fostering community connections, and enhancing personal well-being. Join Laura Phillips, Meadowlark District Horticulture Agent, as she explores the evolution of community gardens, common pitfalls to avoid, and offers guidance on establishing and sustaining a successful garden in your neighborhood. Bring your questions about creating a public garden space in your community!



Register Here!



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



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

Community gardens are vital spaces for growing healthy food, fostering community connections, and enhancing personal well-being. Join the next K-State Garden Hour webinar on Wednesday, October 1, 2025 to learn more about “Keys to Successful Community Garden Spaces”. Join Laura Phillips as she offers guidance on establishing and sustaining a successful garden in your neighborhood. 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)

## Aging and Medicare

### Medicare Open Enrollment Appointments

Our SHICK appointment slots are now completely full at all locations. But don't worry — you still have options! The Central Plains Area Agency on Aging (CPAAA) is available to help with Medicare counseling. You can reach them at 800-367-7298 to schedule an appointment or to be connected with your area senior center for assistance. Please don't wait too long — appointment spots tend to fill quickly everywhere during Open Enrollment.



## Community Vitality



## First FRIDAY e-CALL



### Sustainable Practices Benefit Profit

Chris Brazil,  
KSU Pollution Prevention Specialist

**Join Us October 3, 2025**

**9:30 am**

**Register Today**

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

**K-STATE**  
Research and Extension

**First Friday E-Call: October 3, 2025. 9:30 am**  
**Sustainable Practices Benefit Profit**  
**Chris Brazil, KSU Pollution Prevention Specialist,**  
<https://ksre-learn.com/ecall>

## Remote Work Wednesdays

Skills Practice: Communication in the Remote Work Environment



**Join Us October 8, 2025**

**Noon - 1:00pm**

**Register Today**

<https://ksre-learn.com/remote-work>

**K-STATE**  
Research and Extension



**Remote Work Wednesdays: October 8, 2025, Noon-1:00 pm**  
**Skills Practice: Communication in the Remote Work Environment**  
<https://ksre-learn.com/remote-work>





# Grant Writing Basics

## Online Workshop

Grants are a vital piece in your community's funding... and you can do it.

**Join Us November 17 & 19, 2025**

**1:30 pm - 4:30 pm**

**Cost: \$60**

**Register Today**

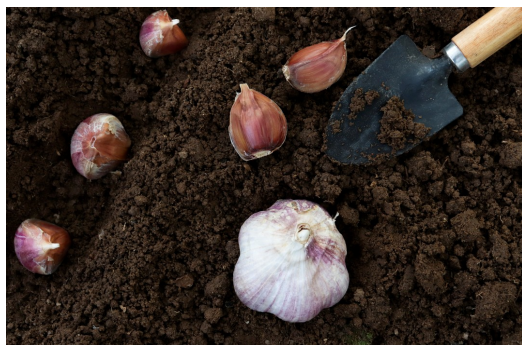
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Research and Extension

**Grant Writing Basics Online Workshop**  
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# Local Food

## Getting Ready to Plant Garlic This Fall



Fall is the ideal time to plant garlic. If you want large, flavorful bulbs next summer, planting in early October gives garlic time to establish roots before the ground freezes. Later fall plantings are possible, but yields tend to drop off. Planting in spring almost always results in much

smaller bulbs and reduced yields.

### Choosing the Right Variety

Garlic comes in two main types:

- **Hardneck varieties are best suited for Kansas. They produce sturdier stalks, often large cloves, vivid paper skins on the cloves, and a wide range of flavors from mild to sharp. Many hardnecks also send up flowering stalks ("scapes") in**

**spring, which are tasty and useful in the kitchen.**

- **Softneck varieties (such as Silverskin or Artichoke types) include the kinds you often find at the grocery store. They are less suited to our climate in Kansas and typically don't form a scape.**

Some hardnecks adapt especially well to cold winters and cool springs; others are more tolerant of milder winters. Your location and winter severity will affect which variety works best for you.

## **Planting in the Fall**

Garlic thrives in well-drained, fertile soil, ideally a sandy loam with a pH between 6.3 and 6.8. Before planting, loosen the soil and mix in compost; add phosphorus if a soil test shows deficiency. Break bulbs into individual cloves just before planting, leaving the papery skins intact, and set them about two inches deep with the pointed end up. Space cloves roughly six inches apart, with 12 inches between rows—or closer in raised beds. Water thoroughly after planting and apply mulch such as straw or leaves in late fall to protect the cloves through winter.

## **Caring for Garlic Through Harvest**

In spring, remove mulch once frost has passed so the soil can warm, then feed with compost or a balanced fertilizer. Keep the bed weed-free and evenly moist, as garlic has shallow roots and struggles in competition or drought. Hardneck varieties will send up scapes in late spring—clip them off to encourage larger bulbs.

Garlic is ready for harvest from late June to mid-July, when about half the leaves have yellowed. Stop watering once three or four leaves have died back. Loosen the bulbs gently with a fork, cure them in a shaded, airy spot for two to three weeks, then trim the roots and cut stems back to about an inch. Store in a cool, dry place with good air circulation; mesh or paper bags work well. Properly cured garlic can keep for months, with refrigerated storage extending usability into winter. Check out K-State Extension Sedgwick County's publication on Growing Garlic ([https://www.sedgwick.k-state.edu/gardening-lawn-care/documents/Growing\\_Garlic.pdf](https://www.sedgwick.k-state.edu/gardening-lawn-care/documents/Growing_Garlic.pdf)) for more information.



# Health and Nutrition

## Preserving Apples



Fall is almost here and apples are a favorite treat! Apples can be preserved by canning, freezing, dehydrating, making jams, jellies, fruit butter, and pickling. The best varieties for preserving are crisp, cooking varieties. Some suggested varieties for different types of preserving can be found from the [University of Illinois Extension](#).

It is best to preserve the fruit shortly after harvest. Use apples that are neither too green nor too ripe. Avoid using apples held in cold storage for an extended period of time, as the pH level can change.

Learn more about preserving apples in [Preserve it Fresh, Preserve it Safe: Apples](#) from K-State Extension. More options are available from the [National Center for Home Food Preservation](#).

*This article was published in the October 2025 "You Asked It!" K-State Research and Extension E-Newsletter.*

## K-State News

### President Linton Showcases K-State's Momentum at State of Our University



Kansas State University President Richard Linton shared the university's achievements and vision for the future during the [2025 State of Our University](#) address on Sept. 5 in McCain Auditorium on the Manhattan campus.

The annual event brought together faculty, staff, students, alumni and community partners to celebrate accomplishments across K-State's



three campuses and preview upcoming initiatives.

“We change Kansas, meet what Kansans need, and change the world,” Linton said. “Think about the ways that we’re making a difference in people’s lives and how they are then taking that and moving it forward to create and lead for Kansas and lead for the world.”

[Read more about the State of Our University address and K-State achievements from the past year.](#)

## 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](#)



# 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](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:  
Sara Sawyer at 316-660-0118 or Jeffrey Seiler at 316-660-0153.

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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