DIRECTOR'S NOTE

DR. NOZELLA BROWN
COUNTY EXTENSION DIRECTOR

As the leaves change to spectacular colors and the temperatures cool, we’re anticipate the upcoming holiday season. While COVID still looms, its grip has loosened and hopefully our community can enjoy some semblance of normalcy. Whatever your plans, you’ll discover our office continues to provide resources designed to improve your life. In addition to the newsletter, visit our social media outlets and website regularly. We’d love to hear from you.
**OCTOBER EXTENSION DEPARTMENT UPDATES**

**DR. NOZELLA BROWN, COMMUNITY VITALITY AGENT**

Wyandotte has been doing a lot to improve the walkability of community.

The Sunflower Foundation is offering grants to support public trails for communities of all sizes. Local governments and non-profits whose goals align with community health and development are eligible. Proposals are due November 9. For more information visit their [website](#).

Contact: Dr. Nozella Brown, County Extension Director/Community Vitality Agent, 913-299-9300 ext. 110, nlbrown2@ksu.edu.

**JESSIE CARR, 4-H YOUTH DEVELOPMENT AGENT**

Happy 4-H New Year! October 1 marked the beginning of another exciting 4-H Year! 4-H empowers young people with the skills to lead for a lifetime. 4-H is a research-based experience that includes a mentoring, hands-on projects, and meaningful leadership opportunities through a variety of avenues. Based on youth’s interests and guided by adult volunteers, youth develop their own pathway in 4-H. There are many ways to participate in 4-H, through community clubs, independent memberships, after-school programs and more. There are hands-on, learn by doing, opportunities for everyone!

To learn more about 4-H in Wyandotte County and how you can join, visit our [website](#) or contact 4-H staff!

Contact: Jessie Carr, 4-H Youth Development Agent, 913-299-9300 ext. 105, carrjessie@ksu.edu
Hey parents! Got picky eaters? Turn those picky eaters into “explores” with these healthy tips:

- Plan meals with a variety of food groups
- Let the kids choose a new vegetable
- Set regular meal and snack times
- Serve the same food in different ways!
- Check out more tips & recipes here.

Contact:
- Lauren Cooper, Nutrition Assistant at lacooper@ksu.edu or (913) 299-9300 ext.121
- Learn more about EFNEP here

When’s the last time you’ve tried a bell pepper? Bell peppers are delicious, crunchy, and full of flavor. Nothing beats a homegrown bell pepper at the peak of the growing season which runs from July through November. That is when it is crisp, juicy, and full of flavor. Bell peppers are flavorful in all sorts of cooking methods. Like tomatoes, bell peppers are known as a vegetable, but they are also classified as a fruit. They can be stuffed and baked, stewed, sautéed, grilled, roasted, or stir-fried. In a greenhouse, sweet peppers can be harvested from mid-summer into autumn. Outdoors, they will start fruiting later, usually in August, and finish earlier, once temperatures start to drop in late summer or early autumn. Nutritionally they provide a substantial source of vitamin C and a wide range of nutrients. Here is a nutritious recipe for “Stuffed Peppers”.

For additional information you can contact: Pamela Stovall, SNAP-Ed Nutrition Educator, 913-299-9300, ext. 111.
DR. CHIQUITA MILLER, FAMILY AND CONSUMER SCIENCES AGENT

Alive & Thrive Wyandotte County is excited to host its first ever Community Healing Conference on Friday November 12, 2021 9:00 AM - 4:30 PM CST! This conference, offered at no cost to those who live or work in Wyandotte County, is your opportunity to participate in the groundbreaking work of building a trauma-informed and more resilient community. What’s more, it’s our opportunity to do what we love to do: bring talented people together to discuss how we can promote healing and resilience in Wyandotte County. This is why we have designed our conference to inspire us all to embrace our challenges and opportunities with an interactive, hands-on experience. Please go here to register for the November 12 conference and to learn more about what's in store for the day.

Contact: Dr. Chiquita Miller, Family and Consumer Sciences agent, 913-299-9300 ext. 106, chmiller@ksu.edu

LORI WUELLNER, FAMILY AND CONSUMER SCIENCES AGENT

I’m often asked by individuals who have created a unique food item how they can take it one step further and expand into a business. Entrepreneurs “savor” our world and local food entrepreneurs are a real benefit to their community and economy. Food safety in their business is critical to success. A new publication developed by North Dakota State University Extension and K-State Research and Extension called Food Safety Best Practices for Local Food Entrepreneurs outlines best practices to maintain safety standards. Always consult state regulations to be in compliance.

For Kansas, a good place to start is with the Kansas Value Added Foods Lab. Contact us at kvafl@ksu.edu or 785-532-1294. Want to sell food direct to consumers in Kansas? See our publication Food Safety for Direct to Consumer Sales: Regulations and Best Practices.

For more information contact Lori Wuellner, lwuellne@ksu.edu, 913-299-9300.
LYNN LOUGHARY, HORTICULTURE - LAWN AND GARDEN

Be sure to save the date for our upcoming Zoom class, Plant to Simplify, Plant to Enjoy class presented by Tim H. Moloney, Professor of Landscape Design, University of Missouri-Columbia Gardeners.

This discussion will focus on ways you can start to simplify your landscape now in hopes of reducing the physical burden as you age. Plan to simplify. Plant to enjoy.

Pre-registration is required, https://tinyurl.com/plan2simplify. Once pre-registered Zoom meeting details will be sent via email. For more details visit our county website.

If you have any lawn and garden questions, or questions regarding the upcoming class reach out to Lynn Loughary, Horticulture Agent, 913-299-9300 ext. 104, lloughar@ksu.edu

UPCOMING EVENTS

- Nov. 1-29: Dining with Diabetes Email Challenge
- Nov. 4: Plan to Simplify, Plant to Enjoy

Remember, soil tests and radon tests are always available for purchase! Contact us today, 913-299-9300.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Kansas State University 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, contact Wyandotte County K-State Research and Extension, 913-299-9300.