

Note from the Director

Last month we celebrated the grand opening of the Merc, after many years of working with community members, agencies, businesses and our Unified Government. The celebration embodied the persistence and grit this community demonstrated to bring a full-service grocery store to downtown KCK-area many traditional businesses shunned. We were proud to leverage our resources by facilitating community conversations as the project unfolded. This is just one of the many ways our staff fulfills its mission to improve the quality of life of our citizens. Even as our community continues to fight the pandemic and its effects on our community's economic viability, we continue to provide the resources, education and programs our citizens expect and deserve. In this issue you'll read about the impact our staff is having, even under these challenging times. We're in this together and I'd love to hear from you.

–Dr. Nozella Brown, Director, nlbrown2@ksu.edu

Community Vitality - Dr. Nozella Brown, County Extension Director

While this has been a difficult year for small businesses, we offer support for entrepreneurs of all ages in their development of the skills needed to start and operate businesses that help grow the economy of Wyandotte. This month I want to highlight KCSourceLink, a network of 140 nonprofit resource organizations that helps aspiring startups and established businesses find the right resources to start, scale and accelerate. You can talk to a staff person or use the resource locator to access services that include marketing, financial planning, sales, loans, technical, product development, education, government contracts and operations. Check it out at <https://www.kcsourcelink.com/>.



Contact

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4-H Youth Development - Jessie Carr, Agent and Debra Sweeten, Program Assistant

Kansas State Fair

Like many other things this year, Fair Season has looked different at both the local and state level. After the decision to cancel the traditional Kansas State Fair was made, providing an opportunity for youth to showcase their learning and accomplishments remained a priority for Extension and the Kansas State Fair.

For the 2020 year, modified in-person livestock shows will take place at the Kansas State Fair. Static (or non-breathing) exhibits will be showcased and judged virtually. Our methods are changing, but our Kansas 4-H and K-State Research and Extension mission remain the same.



Contact

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EFNEP - Lauren Cooper, Nutrition Assistant

Community

- Check out these tips to becoming a healthier you [here!](#)
- Plan your family's meals using these easy [steps](#) listed here.

Classes

- A home visit KUMC Project Eagle family has graduated this month! A new series with another family will begin soon!
- Virtual classes continue weekly with a Kansas Children's Service League healthy family!

Contact

- Lauren Cooper, lacooper@ksu.edu, 913-283-5548
- Learn more about EFNEP and read education articles [here](#).



SNAP-Ed- Pamela Stovall & Nikki Flagler, Nutrition Educators

Onions are a great pantry staple that can be included in a multitude of recipes. They provide potassium and magnesium that help with maintaining blood pressure and manage diabetes. There are a variety of colors when it comes to choosing onions, so don't be afraid to add some color to your meal. When choosing onions look for ones that are firm with dry outer layer. Be sure to compare the cost per pound versus an entire bag. It is best to store in a cool, dry, and dark space. Onions are freezer friendly, just chop them up however you desire and place them in an air tight container or freezer bag. If any community members or organizations are interested in online learning opportunities related to nutrition and health feel free to contact us.



Contact

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Lawn and Garden - Lynn Loughary, Agent

September is here, and it is an ideal time to aerate and fertilize cool-season lawns – Kentucky bluegrass and tall fescue. Cool-season grasses are coming out of their summer doldrums and beginning to grow more vigorously as days shorten and temperatures moderate, especially at night. Cool-season grasses naturally thicken up in the fall by forming new shoots at the base of existing plants. Bluegrass re-establishes itself, spreading by underground stems called rhizomes. K-State recommends fertilizing established fescue and bluegrass lawns with 1 to 1.5 pounds of actual nitrogen per 1,000 square feet in September. Then apply another pound of nitrogen in November. Core aerate first so it is easier for the fertilizer to work into the soil. Fall is a great time to take a soil test to determine the fertilizer needs of your lawn, as well as, in preparation for putting your vegetable gardens to bed for the winter. You can bring a soil sample in to our office Monday through Friday. See our webpage for location and hours.

Contact

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Family and Consumer Sciences, Family and Home - Dr. Chiquita Miller, Agent

The COVID-19 pandemic didn't stop the Kansas City Metro and Wyandotte County from having its annual backpack/school supply drive-thru giveaway, ensuring the students would have supplies right before the start of school. Volunteering with two different groups to fulfill this need was exceptional. On August 14, Synergy Services provided 1,000 back packs and the Wyandotte County Grab and Go on August 29, supported over 500 in the community. Staff and a limited number of volunteers gave away 1,500 backpacks to students. A special thanks goes to all of the funders and supporters who donated to this effort, purchasing pre-packed/assembled school kits. Together, everyone was able to safely help make sure that students with fewer resources and limited means were ready to head back to school! So many smiling and happy faces filled the drive-thru as families and pets eagerly rolled down the window welcoming their brand new school supplies.



Contact: Dr. Chiquita Miller, chmiller@ksu.edu, 913-299-9300 ext. 106

Family and Consumer Sciences, Health and Nutrition - Lori Wuellner, Agent

During our 3-day virtual August Update guest speaker, Dr. Bob Hutkins, University of Nebraska, reminded us of the importance of our "gut health" and how it's linked to a healthy immune system and other body functions. This message is echoed in the K-State Extension program, Taking a New Look at Fermented Foods. Recently this program was recorded and provided to the Unified Government (working through Cerner- Road to Wellness) and the [KCK Public Library website](#). You can also find the recording (among others) on our [KSRE webpage](#).






For more information on pre-and probiotics take a look at this [fact sheet](#) from the Academy of Nutrition & Dietetics.

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-  Wyandotte County 4-H
-  Wyandotte County Master Gardeners



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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