

Note from the Director

Greetings,

It's hard to believe we are six months into the year and no closer to resolving COVID-19. When the UG extended Phase 3 and the Kansas Department of Agriculture cautioned about the spread of the VSV among livestock, it became apparent we did not have the resources to safely move forward with our in-person livestock 4-H showcase. Cancelling was extremely difficult. This annual 4-H community showcase a social and culture mainstay and disappointing our youth was very hard. Yet, the long-term health risk to our youth, families and the community seemed greater. I was encouraged by the nimbleness, creativity, and tenacity of our 4-H staff to resort to the Plan B virtual option, allowing our youth to celebrate their learned skills, in spite of these setbacks. I applaud the resilience of community members as they worked with our Extension staff. I cannot imagine what the next six months will bring, but I can be assured we will continue to provide the services and resources our county deserves, even during this challenge. Kindly, Dr. Brown, nlbrown2@ksu.edu

Community Vitality - Dr. Nozella Brown, County Extension Director

K-State Research and Extension offers an entrepreneurship webinar every first Friday of the month. Our mutual goal is to engage knowledge, wisdom, and relationships of local communities with the research and experimentation of the University to create vital communities. The next webinar is August 7, 9:30-10:30. Deb Brown co-founder, SaveYourTown, will present "Growing Your Own Entrepreneurs, Making Entrepreneurship Self-Sustaining."

The purpose of these calls is to increase the local community's knowledge about Experts, Education, and Economic Resources available to help small businesses and entrepreneurs. We also aim to increase the number of transactions between the small business owner/entrepreneur with the Experts, Education, and Economic Resources who can increase the likelihood that they are successful. If you would like to be on the notification list to participate in upcoming e-Calls, please send your request via e-mail to: nkdaniels@ksu.edu



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

Virtual Intern: During these uncertain times we have all been faced with challenges and sought out innovate ways to solve those challenges. Wyandotte County and Johnson County Extension units responded to K-State student Molly Maddy's interest in interning with urban extension units by creating a completely virtual internship. Our shared intern has been collaborating with our teams to help provide distance education, virtual showcasing, virtual camp experiences and more! We are excited to have Molly on our team!

Distance Opportunities: Wyandotte County 4-H in collaboration with Johnson County 4-H are offering a virtual 4-H Camp in July. During virtual 4-H camp youth will make crafts, learn about Kansas 4-H and even sing classic campfire songs. In addition to the live sessions, there will be pre-recorded sessions provided on the Johnson and Wyandotte County K-State Research and Extension webpages to view. #4HCampLivesOn

Contact: Jessie Carr, 4-H Youth Development Agent, carrjessie@ksu.edu

EFNEP - Lauren Cooper, Nutrition Assistant

Community

- EFNEP has partnered with Alive & Thrive in creating a voter registration drive!
- Looking for ways to stay on top of your healthy eating goals? [Download](#) the “Start Simple with My Plate” App on your Apple or Android phone.

Classes

- All classes are free and open to low-resource parents. Classes are being taught individually via phone, zoom or pre-recorded lessons.
- Virtual classes have been scheduled with a family in the KUMC - Project Eagle home visit program!

Contact

- Lauren Cooper, Nutrition Assistant at lacooper@ksu.edu or (913) 283-5548



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

Community

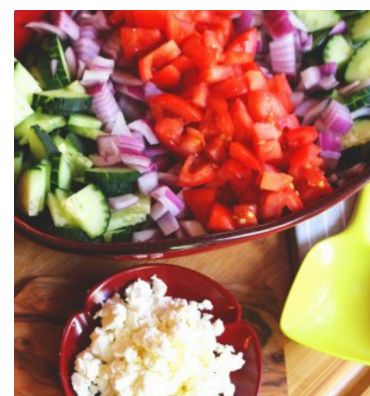
There are so many fresh vegetables in season right now! Cucumbers are in season May to October and are packed with vitamin K, potassium, magnesium and fiber. Try this easy and fresh [Cucumber, Tomato & Onion Salad!](#)

Classes

We are excited to announce we now have online learning options providing information about food safety, quick easy recipes, shopping for your budget, nutrition facts, and physical activity with a brief pre-and post survey.

Contact

If any community members or organizations are interested feel free to contact Pam Stovall at parelif@ksu.edu or Nikki Flagler at nikkiflagler@ksu.edu.



Lawn and Garden - Lynn Loughary, Agent

This Horticulture Therapy Project at Delaware Highlands Assisted Living uses plants and plant materials to improve the social, physical, and psychological well-being of people. It features a serene back patio garden where (pre-COVID) Extension Master Gardener volunteers connected with residents, staff, and visitors through social and educational activities while enjoying nature's flowers, birds, and butterflies. Administrator Tom Walker stated, “We could not have asked for a more caring, committed, and engaging group of people. They have truly enhanced our residents’ lives.” Opportunities abounded to partner with our community, whether it was intergenerational with a 4-H club and homeschooled children; local plant nurseries; or churches donating scooters, furnishings, face masks and medical gowns. Despite the pandemic, gardening discussions and horticultural tips continue to be shared. One can look out a window and see pollinators in the colorful garden, flower-filled containers and hanging baskets. Good therapy in trying times! Contact Lynn at, 913-299-9300 ext. 104, lloughar@ksu.edu



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

Finding unique ways to keep children busy during this Covid-19 Pandemic and the summer season are very important! The key takeaway here is highlighted by the word “fun”. Many parents look for activities that not only keep their child busy, but also utilize skills that the child already has. While demonstrating specific skill-sets is important, brain growth actually happens more-so with free play. Allowing a child to engage in a variety of activities, safe, adult-supervised free play will encourage creative skills, resulting in better brain function. Below is this week’s activity.

Rainbow Fruit + Veggie Pops

Combine a variety of fruit and blended vegetable juices to make your own flavorful ice pops packed with vitamins. Try different combinations for even more flavor, like carrot, orange, cherry and strawberry. Just pour the juices (1/2 cup each) into plastic ice-pop sleeves, squeeze out the air and place in the freezer upright.

Contact Chiquita at 913-299-9300 ext. 106 or chmiller@ksu.edu.



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




Over the course of this pandemic many organizations initiated food drives in an effort to fill a much needed void in food pantries. To be certain, the importance of well-stocked pantry shelves will continue far beyond the pandemic. How can you contribute to this need? Think about giving according to the MyPlate guidelines with foods representing all the groups. For more information refer to the KSRE’s Tuesday Letter article I submitted early June at <https://ksre.k-state.edu/tuesday/announcement/?id=65362>.

Coming near you? Programs can be a click away for your organization if ongoing education is one of your goals. Contact me if you’re interested in arranging a Zoom session on Diabetes, You Are In Control; Reducing Food Wastes; Fermented Foods; Mediterranean Diet (check out this recipe to entice you, <https://medinsteadofmeds.com/quinoa-strawberry-salad/>) and more.

For more information contact Lori Wuellner at lwuellne@ksu.edu or call 913-299-9300 ext. 107.

Contact Us

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-  K-State Research and Extension Wyandotte County
-  Wyandotte County 4-H
-  Wyandotte County Master Gardeners



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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