

## Note from the Director

Whether the cooler temperatures find you scrambling to complete home or garden projects before winter, prepare for family gatherings during the holidays or struggling to navigate the day-to-day challenges of the pandemic, our educators are here to assist.

This the perfect time to get that year-end soil test or purchase your radon tests. We're here to serve you so take advantage of our resources. As always, we'd love to hear how we can continue to serve you!

Dr. Nozella Brown, [nlbrown2@ksu.edu](mailto:nlbrown2@ksu.edu), 913-299-9300 ext. 110

## Community Vitality - Dr. Nozella Brown, County Extension Director

This month, we highlight a new initiative to support food access in the county---The Healthy Food Initiative (KFH). This initiative is designed to bridge the informational and funding gaps between healthy food stakeholders and food retailers in low-resource, underserved communities. KHF is a public-private partnership increasing access to affordable fresh food to improve the health and economic development of Kansans and their communities. It provides technical assistance for those seeking to strengthen access to healthy foods, as well as financing through a mix of loans and grant to develop new or renovate fresh food retail in underserved communities. This is a collaboration of the Kansas Health Foundation, KSU Center for Engagement and Community Development, IFF, NetWork Kansas and the Food Trust.

Eligible projects must expand retail fresh food offerings in low-resource, underserved neighborhoods. For more details, loan/grant amounts and to apply go to [www.kansashealthyfood.org](http://www.kansashealthyfood.org).

### Contact

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

Happy 4-H New Year! October 1 marked the beginning of another exciting 4-H Year! Club enrollment has opened, and we've already had several returning and new families join us. 4-H empowers young people with the skills to lead for a lifetime. 4-H is a research-based experience that includes a mentor, a hands-on project, and a meaningful leadership opportunity. Based on their interests and guided by adult volunteers, youth develop their own pathway in 4 H. They select from a broad menu of local 4 H programs and projects. 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

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## EFNEP - Lauren Cooper, Nutrition Assistant

### Community

- Don't let the fall season slow you down, keep moving using an [interactive plan!](#)
- Know your history, check out these facts about USDA food guides [here!](#)

### Classes

- A new series has begun with a home visit KUMC - Project Eagle family!
- This month, a Kansas Children's Service League healthy family has graduated!
- Learn more about EFNEP and read education articles [here.](#)



### Contact

- Lauren Cooper, [lacooper@ksu.edu](mailto:lacooper@ksu.edu), 913-283-5548

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

SNAP-Ed is excited to announce with the new fiscal year approaching we are offering several new programs! Eating Smart Moving More, Create Better Health and Fresh Conversations are all for adult or senior audiences who are wanting to learn more about nutrition and wellness. The programs feature learning opportunities delivered in person or through various online platforms.

NEW  
PROGRAMS  
COMING  
SOON

If any community members or organizations are interested in online or in person learning opportunities related to nutrition and health feel free to contact us.



### Contact

- Pam Stovall at [parelif@ksu.edu](mailto:parelif@ksu.edu), 913-299-9300 ext. 111
- Nikki Flagler at [nikkiflagler@ksu.edu](mailto:nikkiflagler@ksu.edu), 913-299-9300 ext.. 113

## Lawn and Garden - Lynn Loughary, Agent

Fall is the preferred time to prepare garden soil for next spring's vegetable garden. The spring season is often wet making it difficult to work soil without forming clods that remain the rest of the season. Fall is usually drier allowing you more time to work the soil when it is at the correct soil moisture content. Even if you work soil wet in the fall and form clods, the freezing and thawing that takes place in the winter will break them down, leaving a mellow soil the following spring.

Organic matter is the secret to improving our poor clay soils. Organic materials are more available in the fall (leaves, rotten hay or silage, grass clippings) to add to our gardens. As a general rule, add 2 inches of organic material to the surface of the soil and till it in. Be careful not to over till. You should end up with particles like grape nuts or larger. If you work your garden into the consistency of dust, you have destroyed the structure of the soil. Remember to also take a soil test this fall!

### Contact

- Lynn Loughary, [lloughar@ksu.edu](mailto:lloughar@ksu.edu), 913-299-9300 ext. 104

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

The National Agricultural Center and Hall of Fame educates society on the historical and present value of American agriculture. Agriculture touches the lives of every living person; food we eat, the clothes we wear. September 25, in partnership with Cheri Miller, Wyandotte County Conservation District manager, we presented lessons and experiences to four home-school family groups. Programs included: The Smith House, Red Barn, Island Creek and the Demonstration garden with Lynn Loughary, KSRE Horticulture agent and the Master Gardeners. Chiquita Miller, FSC'S Agent, volunteered with Lonnie Miller, Museum of farming, to teach 48 youth and adults "Corn Fuels the Farm." For tours by appointment only and/or more information, visit the The National Agricultural Center and Hall of Fame [website](#).



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

Do you need to brush up on your cooking skills?

COVID forced us into staying home and with that cooking more and family mealtimes! Now school is back in session and although that looks quite different it's often a time for families to re-visit the importance of sitting down to a meal around the table. If you've become "rusty" in the kitchen, you'll want to check out [this site](#). Here you'll find a 7-part series that will help get you back to the basics in the kitchen.






### Contact

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## 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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