



July 2023

THE EXTENSION CONNECTION

Wyandotte County K-State Research and Extension

Director's Note

Denise Dias,

Wyandotte County Director

Fireworks, Fair and Fun! It's time to celebrate our nation's independence and our 4-H youth. The Wyandotte County Fair is the time when our 4-H youth show off their projects to the public. It is the time when they use the information that they have learned, and put that knowledge into practice. 4-H has evolved from the days of only cows and cookies into an organization focused on empowering youth to become our county's future leaders. It is an amazing sight to see how well-behaved, hard-working, and positive these youth are. If that seems incredible, then, I invite you to come to the fair and see it for yourself.

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4-H Youth Development

WYANDOTTE COUNTY FAIR!

Summer has arrived bringing all its sunshine and glory! Along with summer comes my favorite event of the year- The Wyandotte County Fair and 4-H Summer Showcase! The County Fair will take place July 11-15. Our 4-Her's have been hard at work preparing their projects for the judged contests. The 4-H livestock and non-livestock projects will be on display for the public to see during the fair. Be sure to stop in and admire all the hard work these up-and-coming youths have put into their projects!

A few tips for all ages to enjoy the WyCo Fair to the fullest:

- Stay hydrated- July is HOT and fairs require a lot of walking in the sun. Bring a water bottle or plenty of money to buy drinks from the food vendors. Don't wait until you are thirsty to get a drink- have one readily available to help avoid going into dehydration.
- Wear sun protection- Sunburn is no fun. In the month of July, the sun does not set until around 8:30pm. If the sun is out, there is risk of sunburn! Wear a hat, sunglasses, sunscreen, and bring an umbrella to provide yourself with some shade.
- Wear close toed shoes- Fairs require a lot of walking on concrete, asphalt, gravel, and grass. Additionally, some carnival rides require closed toed shoes for entry.
- Read signs and follow instructions from Fair Staff- Signs and directions are put in place for your safety. A safe fair is a fun fair!
- Secure Valuables- Have a plan for securing purses, wallets, and dangly jewelry- especially if you are going to ride carnival rides. Lock your car and clip your car keys to a belt loop to avoid them getting dropped while you enjoy the WyCo Fair.

The WyCo Fair Schedule is available online at wycofair.com. I hope to see you all there!



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Family and Consumer Sciences

SUMMER FUN IDEAS

Summer is usually the season of travel, swimming, summer vacation for many people, and also the season for fruits and plants to fully develop. Finding fun inexpensive things that are creative and constructive are important to keep families engaged.

Here's a list of 12 easy-to-do play activities for summer fun.

1. Collect smooth stones at the beach or on your nature walks. Take them home and make rock critters by painting them with acrylic paint and adding wiggle eyes, yarn hair, felt paws and feet, etc.
2. Cut out some headlines from a newspaper or magazine. Use a mirror to reverse the words and see if your child can read backwards. Or write some messages backwards and "decode" them in the mirror.
3. Make a pile of bubbles outside with a bicycle pump and a pan of soapy water.
4. Sing songs or tell stories, record these on your phones or other devices. Record a letter for grandma or older sibling at camp.
5. Cut a large rectangle from an old white sheet or pillowcase. Use markers and paint to make your own family flag.
6. Have an indoor campout. Hang sheets or blankets over tables or chairs. Let children nap on sleeping bags in the "tent."
7. Sell lemonade or ice tea to friends and neighbors.
8. Trade toys or games with a neighbor's child for a day or two.
9. Have a hide-and-seek picnic breakfast. Hide small boxes of cereal, juice boxes and fruit in the backyard. Kids can find and select their own breakfast.
10. Get a book from the library on paper airplanes. Fold some paper planes and hold a contest to see which flies the farthest or stays aloft the longest.
11. Go on an alphabet scavenger hunt. Find ten things that begin with the letter A. Or find one item for each letter of the alphabet.
12. Make sun prints. Place some objects on a piece of dark-colored construction paper and place in the bright sun. After an hour or two, the outline of the object will be imprinted on the paper.

For more information, celivingstoncounty.org/home-family/just-for-parents/two-dozen-ideas-for-summer-fun



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Nutrition and Food Safety

HAVE A FOOD SAFE SUMMER

The summertime brings outdoor picnics and barbecue fun but it can also bring unwanted guests...pathogens that can make food unsafe and people sick. To make sure your fun in the sun isn't cut short follow these simple tips:

- **Clean:** Clean surfaces, utensils and hands with soap and water. Bring moist towelettes when you don't have access to water. Wash all produce under plain running water before eating or cutting. Dry produce with a paper towel. Packaged fruits and vegetables that are labeled "ready-to-eat," "washed," or "triple washed" need not be washed.
- **Separate:** When grilling use separate utensils and plates for raw and cooked meat and poultry and ready-to-eat foods (like veggies).
- **Cook:** Use a food thermometer to make sure hamburgers are thoroughly safe (to 160 degrees F.) Keep in mind that any food intended to be served hot should be wrapped and placed in insulated containers to maintain a temperature of 140 degrees F. or above.
- **Chill:** Chill raw and prepared foods promptly if not consuming after cooking. Don't leave food at room temperature for more than 2 hours (only 1 hour when the temperatures are 90 degrees and above).
- What are you making? Here are some food safety tips for preparing a few signature summer dishes:
- **Barbecue:** Cook all meat and poultry to the recommended internal temperatures...burgers (160 degrees F); chicken and turkey (165 degrees F); sausage (160 degrees F.); steaks (145 degrees F. with a 3-minute rest time)
- **Fruit Salad:** Rinse all produce before peeling or chopping. Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.
- **Deviled Eggs:** Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool. This is true for all foods served cold...salads, desserts, etc.

Additional Tips:

- **Marinating:** Always marinate food in the refrigerator. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Reserve a portion of the unused marinade to use as a sauce.
- **Grilling:** When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
- **Coolers:** A full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to ensure a constant cold temperature. Keep the cooler out of the direct sun. Keep drinks in a separate cooler from foods. The beverage cooler will be opened frequently while the food cooler stays cold.

Did you know?

- Approximately 1 in 6 Americans become sick from a foodborne illness.
- An estimated 128,000 people are hospitalized each year from a foodborne illness.
- U.S. beef sales are highest during the week of July 4 when Americans are expected to buy about \$400 million worth of beef- 25% more than the average week (according to the National Cattlemen's Beef Association.)

For more information on food safety by events and seasons (including summer and vacation) check out the following link, <https://www.foodsafety.gov/keep-food-safe/food-safety-by-events-and-seasons>)

(Source: FoodSafety.gov; <https://www.fightbac.org/seven-super-steps-to-safe-food-in-the-summer/>)

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BUILD A BETTER SALAD

Salads are a delicious and healthy way to enjoy the amazing benefits of plant foods. According to researchers, consuming a variety of plant-based foods can provide many health benefits, including potentially reducing risk for developing chronic diseases such as cancer, heart disease and diabetes.

With the right ingredients, salads can offer a variety of vitamins, minerals, protein, fiber, and antioxidants to promote health. However, not all salads are created equal. To build a better salad, select more ingredients from the five major food groups (vegetables, fruits, protein, grains and dairy) and reducing added ingredients like high-fat, high-sodium dressings will ensure that your salad is full of the nutritious foods that contribute to optimal health.

Foundations

For maximum health benefits, think beyond this bland lettuce, which provides few nutrients. Instead, create a salad with a base of dark, leafy greens like romaine, spinach or kale. The darker the greens, the more nutritious the salad. Darker greens are packed with an array of vitamins and minerals. They are also rich in iron. To make your salad interesting, try different combinations of lettuce and greens such as spinach, kale, endive, Swiss chard, arugula, or even colorful cabbage.

Vegetables

There is an abundance of different salad-friendly vegetables that can be added to provide variety. For crunch, choose chopped carrots, corn, or broccoli. For wonderful flavor, add mushrooms, onions, beets, avocado, and green peppers. Get creative by combining an assortment of shapes, sizes and colors. Think about form, too. Don't stop with raw vegetables. Kick your salad up a notch with grilled veggies, frozen or canned vegetables to add variety. Canned or frozen artichokes, baby corn, bamboo shoots and mushrooms add flavor and variety with minimal preparation.

Fruit

Just like vegetables, fruits are also rich in vitamins and minerals. Fresh, frozen, canned, or dried...adding fruit is an easy way to build salads with unique flavors. Apples, berries, melons, pineapples, and mandarin oranges are a few to try. Dried fruits like raisins and cranberries are also good choices.

Nuts and Seeds

Add a nutritious "punch" to your salad by adding nuts and seeds. These heart-healthy gems are loaded with antioxidants and add crunch and texture to salads. Nuts and seeds are also rich in protein and unsaturated fats, which help to keep you fuller longer. Try sliced or chopped almonds, pistachios, cashews and walnuts, or unsalted pumpkin, sunflower or sesame seeds.

Grains

Whole grains can turn a light salad into a hearty meal. A great source of fiber, whole grains like barley, couscous, quinoa, and brown rice are energy-packed additions that will help keep you feeling fuller longer.

Protein

Protein helps sustain the body and make it stronger, build muscle. Turn your salad into a satisfying meal with lean sources of protein like chicken, fish (tuna, salmon or grouper) or eggs. Or opt for plant-based options like tofu, black beans, chickpeas, edamame or kidney beans.

Dairy

Cheese makes flavorful toppings for salads, but it can be high in calories and fat. Add calcium and vitamin D to your salad by sprinkling 1-2 tablespoons of feta, parmesan, mozzarella or cheddar cheese for flavor and nutrition without excessive calories.

Salad Dressings

Burying a salad under dressing that is high-calorie and high fat can turn a fresh and light salad into an unhealthy disaster. Opt for a splash of olive oil and flavored vinegar, or lighter versions of your favorite dressings. Create your own dressing with Greek yogurt blended with fresh herbs and spices. Regardless of the choice, don't over-dress; a light sprinkle of dressing is best.

Horticulture

WATERING NEWLY PLANTED TREES AND SHRUBS

Even trees two or three years old should receive special care because their root system has not completely recovered from transplant shock. Deep, infrequent watering and mulching is needed in dry years to help trees become established. Newly transplanted trees need at least 10 gallons of water per week, and on sandy soils they will need that much applied twice a week. The secret is getting the water to soak into the soil so it is available to the tree's roots. One method is to punch a small hole in the side of a 5-gallon bucket and fill it with water. Let the water dribble out slowly next to the tree. Refilling the bucket once applies 10 gallons.

Large transplanted trees and trees transplanted two to three years ago will require more water. It may be easier to use a perforated soaker hose for larger plants. A perforated soaker hose is also a great way to water a newly established bed or foundation planting. In sun-baked soil, you may need to rough-up the surface with a hoe or tiller to get the water to soak into the soil. If there is surface runoff, reduce the flow or build a berm with at least a 4-foot diameter around the base of the tree to allow the water to percolate through the soil instead of spreading out. Regardless of method, soil should be wet at least 12 inches deep. Use a metal rod, wooden dowel or similar object to check depth.

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COMMON MEDICARE SCAMS

Medicare scams have increased, especially in the last few years. The first thing to remember is that Medicare will NEVER call you. If someone calls you about a Medicare issue, hang up! It's a scam!

One of the most common Medicare scam calls occurs when fraudsters claim that new Medicare cards are issued and your current one is invalid. But to receive your new card and maintain your Medicare coverage, you need to provide your personal information, such as your Social Security Number or Medicare Card Number. Do not fall for it!

How can you identify a Medicare scam call?

How can you identify a Medicare scam call?

If you receive a call saying your Medicare card is no longer valid. This is a red flag! Medicare will never call you out of the blue. If there is a problem with your Medicare card, the Social Security Administrative Administration will send you a letter asking you to contact them to arrange for a phone interview to discuss a specific matter.

If the caller tries to ease your fears by stating they are not asking for your Social Security Number or bank account information, don't be fooled! Your Medicare number is just as valuable to criminals and scam artists.

Other popular Medicare Scam themes to look out for:

- New Plastic Medicare Cards or Medicare Flex Cards.
- Your Medicare coverage is being canceled
- You can receive early access to special vaccines – which lead to free Covid testing supplies
- You are eligible for a free knee brace. Back brace, diabetic supplies, or Durable Medical Equipment.

To learn more about how to protect, detect and report healthcare fraud and abuse. Check out the Kansas Senior Medicare Patrol website at: <https://kdads.ks.gov/kdads-commissions/long-term-services-supports/aging-services/medicare-programs/kansas-senior-medicare-patrol>



Upcoming Events



July:

July 6- Plants Gone Wild

July 7-15- Wyandotte County Fair & 4-H Showcase

July 31- Science of Happiness

Connect with us!



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Jo McLeland two weeks prior to the start of the event (insert deadline date) at (913-299-9300 or jo1@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

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