



September 2024

THE EXTENSION CONNECTION

Wyandotte County K-State Research and Extension



Director's Note

Denise Dias

Wyandotte County Director

“Share the love” is one phrase I often say when I find I have more than I need. It could be leftover food, a note from a client or giving an extra handout to someone at meeting for someone they think would appreciate the information. I hope you will share the love with others by forwarding or sharing this information you learn from this newsletter with others who may not know about us or could benefit from our programs and information.

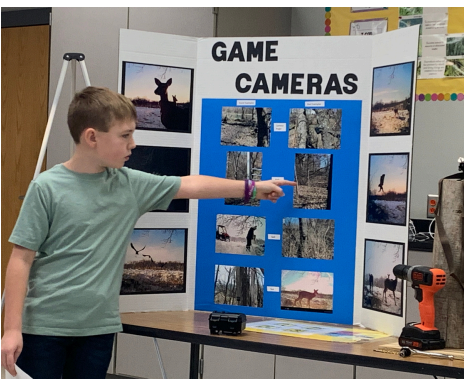
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CELEBRATING THE 23-24 4-H YEAR

The 4-H year runs from October 1st through September 30th. As the 2023-2024 4-H year comes to a close, 4-H members are celebrating their accomplishments from the past 4-H year. Some 4-Hers are competing in the final top 4-H events of the year, such as the Kansas State Fair and state shooting sports matches while others are ending the year by hosting a pool party at their last 23-24 4-H club meeting. Most 4-Hers are already making plans for the coming year that starts October 1st, including purchasing next year's county fair livestock project or thinking about running for an officer position in their 4-H club. Each year that ends makes way for a new year full of new beginnings and new opportunities for growth.

Looking back on the past 23-24 4-H year, the Wyandotte County 4-H program has grown in many ways. We've added a new club- the Homestead 4-H Club. We had 5 new CloverBud participants (5-7 years old), after two years of no new Cloverbud enrollments. The program had 12 4-H members attend 4-H camp at Rock Springs Ranch, after two years of no participation at 4-H camp. We had an increase in 4-H members and projects that will compete at the Kansas State Fair. We also had many 4-H members step out of their comfort zone and try new projects for the first time- so much so that our program has grown to need more volunteers to handle the increase in 4-H participation, leading to an increase in adult volunteer enrollment and participation.

I am looking forward to all of the upcoming opportunities to grow and expand the Wyandotte County 4-H program this coming year. If you or your family members are interested in joining our growing 4-H program, please reach out. I'm happy to assist you on your 4-H journey.



30 FUN WAYS TO HAVE FAMILY TIME IN SEPTEMBER

Fun activities for September include sensory play ideas, science and STEM activities, hands-on learning activities, and some simple recipes to make with the kids. Celebrate the change of seasons with lots of Fall activities, make some fun apple-themed ideas, or try some fun fall crafts.

With September and fall upon us, it's time to take your family time to a new level. From apple picking to playing in leaves, to crafts and fall-themed baking, there are so many ways for your family to spend time together. Here are 30 fun family activities that will sure to strengthen the family bond during the autumnal season.

1. Labor Day parade or activities
2. Eat two servings of sweets on Sept. 4, national Eat an Extra Dessert Day! Need some ideas? Here are some easy baking recipes to make.
3. Create a fall bucket list. Be sure to include things like jumping in a pile of leaves, visiting an orchard and go on a hayride.
4. Research airplanes flying overhead and learn a few facts about the Wright Brothers and other inventors.
5. Keep the children busy in the afternoons with these fun after school activities.
6. Create a simple gift for grandma and grandpa in honor of Grandparent's Day on Sept. 8.
7. Decorate your house with fall decor with these easy fall crafts for kids.
8. Road trip to see and photograph colorful fall leaves.
9. Seek out and attend a local fall festival.
10. Hang an American flag up on Sept. 11 for Patriot's Day, and thank a veteran or active duty service member.
11. Go to your local library and check out fall-themed books.
12. Learn to talk like a pirate, just in time for Talk Like a Pirate Day on Sept. 19.
13. Go to a local orchard to pick apples.
14. Not sure what to do with your bucket full of apples from the orchard-picking adventure, research some ideas?
15. Make a homemade pizza of your choice on Sept. 20, National Pepperoni Pizza Day or a healthier topping option.
16. Create options for "STEAM" abilities with these awesome fall-themed science experiments.
17. On Sept. 23 celebrate the Autumnal Equinox by cooking up one of these feasts from around the world.
18. Play a fun flashlight games during one of the longer fall nights.
19. Family fall photos in a pumpkin patch, on top of leaves, or in an apple orchard, is a must.
20. Time to pack away the summer clothes and unpack the long-sleeves, boots and flannel.
21. Fall-themed breakfast. We suggest these baked apples with oatmeal, cinnamon toast, or some other fun treat.
22. Go support a football game or other fall sport. If your city doesn't have a major team, go to a high school or middle school teams game.
23. Try new recipes using your insta-pot, or crock-pot.
24. Make a fire outdoors with s'mores and stare at the stars, think safety.
25. Write and send a card for Rosh Hashanah, the Jewish new year that begins at sundown on Sept. 29.
26. Introduce your family to autumn with DIY sensory activities.
27. Pumpkin spice is back! Get the kids baking with pumpkin recipes.
28. Gather all the broken crayons in your house and find a craft for upcycled crayons.
29. Make or purchase some apple cider and enjoy a cider donut or other treat.
30. October is right around the corner, start thinking about Halloween costumes with the holiday only one month away.

“FALL” BACK TO ROUTINE

It's back to school which often means resuming some kind of family routine. Easy to say, not always easy to do..." The struggle is real" and sometimes healthy eating takes a backseat. Below are 5 ways for your family to fall into good eating habits during the school year:

1. Planning ahead. How will weekly events impact time for family meals? Planning the week's menu accordingly will have big payoffs. Try to use foods that you have on hand first. Refer to the following guide for tips: ([Cooking Basics, KSRE](#))
2. Prepare the night before. If time doesn't allow you to eat at home think about having a grab-and-go meal. Sometimes eating a meal in the car is necessary. At least you are all in one place at one time which counts toward family time. In instances like this make-ahead sandwiches or wraps might be the answer along with easy-to-transport fruit, vegetables, drinks, and snacks. The following link provides some wrap ideas, ([Wraps, Quick, Tasty & Good for You, Too; UNL Food](#))
3. Make ahead and freeze meals. When time allows, plan to prepare some meals for the week. ([Make Ahead Meals, KSRE](#))
4. Simplify meals. Meals don't have to be fancy or complicated to be healthy. ([Mix & Match Meal Strategies, UNL](#)); ([Cooking Basics Fact Sheet Series, KSRE](#))
5. Include your family in meal planning. Ask children and other family members to help brainstorm ideas for meals and snacks to make during the week. When you have "buy in" from your family it will impact their willingness to try new foods and prefer healthier food choices. ([Recipe Central, UNL](#))

(Source: University Nebraska- Lincoln Extension)



Nutrition and Food Safety

FOOD KEEPERS

Handling food safely is vital at home and in the community. However, with so many food safety guidelines, trying to remember them all can be challenging. Thankfully, there is an app for that.

What is FoodKeeper?

FoodSafety.gov has developed a free app called FoodKeeper. With this handy guide, you can have food safety information at the tip of your fingers. Key features of the app include food recall updates and a database of food and beverage storage recommendations. This app can be accessed via computer or mobile device: <https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>

Food Safety Scavenger Hunt

Using FoodKeeper, see if you can find the food safety answers to these 10 questions:

1. How long will fresh apples stay fresh when kept in the refrigerator?
2. How many days will refrigerated ground beef stay fresh?
3. After being opened, how long will dry pasta (without eggs) stay fresh in the pantry?
4. How long will fresh bagged salad greens last in the refrigerator after being opened?
5. How long will eggs (in shell) stay fresh in the refrigerator?
6. If frozen, how long will salmon stay fresh?
7. After being opened, how many days will orange juice (commercially packaged in a carton) stay fresh in the refrigerator?
8. If stored in the freezer, how long will yogurt stay fresh?
9. How long will apple cider vinegar stay fresh if stored in the pantry?
10. How long will frozen hash browns stay fresh in the freezer?

What you can do in your community:

- With your family and friends, find ways to integrate one or more food safety recommendations into your daily routines.
- Modify recipes to be more food-safe by incorporating food safety guidelines into the ingredients and directions. For example, you could add the safe internal temperature for ground beef (160 degrees Fahrenheit) in a sloppy joe recipe.
- Spread food safety awareness. Encourage friends, family, coworkers and other community members to check out FoodKeeper and direct them to www.foodsafety.gov and the NDSU Extension Food and Nutrition website for more information.

Scavenger Hunt Answers:

- | | |
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| 1. 4-6 weeks from date of purchase | 6. 2-3 months if frozen from date of purchase |
| 2. 1-2 days from date of purchase | 7. 7-10 days if refrigerated after opening |
| 3. 1 year after opening | 8. 1-2 months if frozen from date of purchase |
| 4. 2 days after opening | 9. Indefinitely if in pantry from date of purchase |
| 5. 3-5 weeks if refrigerated from date of purchase | 10. 12 months if frozen from date of purchase |

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IT'S TIME TO FERTILIZE & CORE AERATE COOL SEASON LAWNS

September 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.

Two common aeration methods are power-raking and core-aerating. Power-raking is primarily a thatch-control operation. It can damage turf excessively if not done carefully. For mostly fescue lawns or lawns with an inch of thatch or less, I don't recommend power-raking. Thatch is a springy layer of light-brown organic matter that looks something like peat moss and is located above the soil but below the grass foliage.

Core-aeration is a much better practice for most lawns. By removing cores of soil, core-aeration relieves compaction, hastens thatch decomposition and improves water, nutrient and oxygen movement into the soil. Perform this operation when the soil is just moist enough to crumble easily when worked between the fingers. Make enough passes so that holes are spaced about two to three inches apart. Ideally, the holes should penetrate 2 to three inches deep. Cores can be left on the lawn to decompose naturally. This usually takes 2 or 3 weeks, depending on soil type.

If your lawn has been severely damaged over the summer you may want to start over. Soil aeration is just as important in this case and best achieved with a rototiller, which not only loosens the earth but also dislodges weeds and other dead or dormant plant material. Once you've tilled, rake to get rid of clumpy plant debris and roll to smooth the surface. Then fertilize and seed.

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. Aerate first so it is easier for the fertilizer to work into the soil. Most of the nitrogen should come from a quick-release source at this time. Trust me, the turf will use it. It's been fasting all summer. Most fertilizers sold in garden centers and department stores contain either quick-release nitrogen or a mixture of quick- and slow-release, but many of these mixed products are predominantly quick-release. In any case, they can be used effectively for your fall applications.

I will be retiring on August 17th. It has been a pleasure serving the Wyandotte County residents! For gardening questions, contact the new agent, Cory Creed.

Community Development

GRANT FUNDING OPPORTUNITIES

Are you part of a neighborhood group that wants to improve your community? If so, one of these funding opportunities may be an option for your neighborhood or HOA leaders to consider.

The William G. Pomeroy Foundation has grants available for historical markers. Some of their grants are for specific areas of the U.S., others are available nationwide. Nonprofits, academic institutions, local, and state government entities are eligible to apply. For more details on this offering, check: <https://www.wgpfoundation.org/history/>

Ameriprise Financial offers grants in the focus areas of meeting basic needs (addressing hunger, shelter, and adult self-sufficiency needs) and supporting community vitality (cultural enrichment, community development, disaster relief and recovery). The next deadline to apply is January 15th, with May 15th being the second-round deadline: <https://www.ameriprise.com/about/community-impact/grant-making>

Enbridge contributes to three core areas with their funding opportunity: safe communities, vibrant communities, and sustainable communities. These funds are for communities within a 10-mile radius of an Enbridge pipeline right-of-way or near their operations. You can find out if you're in an eligible community in Kansas [here](#). You can also find out more about their corporate citizenship giving and Safe Community First Responder Program here: <https://www.enbridge.com/about-us/our-values/corporate-citizenship>

Enbridge made the process easier for us by putting that list of eligible communities on their website. What if you don't know what pipelines run near or under your town, or want to know what other not so obvious potential funder's assets exist close to you? Check the "Hidden Funding Possibilities" article below.



Upcoming Events



September 2:

Office Closed

September 5:

The Amazing Bluebird

September 10:

Stay Strong Stay Healthy

Level 1 & 2

September 11:

Med instead of Meds

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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