



Family & Consumer SCIENCE S

January/February 2019

Family & Consumer Science News Ford County

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The mission of KSU Cooperative Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families, and their communities

*“Knowledge
for Life”*

2019 Extension Council Executive Board Elected

At the annual meeting of our 24 Program Development Committee Members, a new Extension Council Executive Board was elected. Congratulations to those elected: Jon Gleason - Chairman; Kelene McCollum - Vice-Chair; Shauna Rumbaugh - Secretary; Travis Goetz - Treasurer; Members – Kim Eaton, Joe Gleason, Maybell Inglad, Julie Pinkerton and Shana Tilley.

FCS Program Development Committee members are Diane Lix, Maybell Inglad, Judy Kregar, Sandy Halling, Daniela Lara and Beth Vogel. Thanks for being willing to serve!

2019 Ford County Fair

The 2019 Ford County Fair dates have been set for Thursday, July 18 through Monday, July 22. Fair set up date is Tuesday evening, July 16 and Fair clean up after the Fair is Tuesday evening, July 23. Please put these dates on your calendar. We would love to see an increase in our community exhibits and participation for 2019. Consider helping as a superintendent for open class or 4-H.

2019 FCE Council

Ellie Elsen is the FCE Council President; Mary Stukenholtz is Vice President; Jewell Perkins is Secretary; Ethel Schneweis is Treasurer; Members – Maybell Inglad, Bonnie Powers, and Marcy Price. Next meeting is January 14 starting at noon. This is our Holiday Luncheon.

THANKS FOR YOUR SUPPORT

We appreciate your support for all our Extension Programs in the past year.

As we start the new year, we hope you will have a fantastic 2019 and your family will be safe and healthy.

Ford County 4-H Foundation

The Ford County 4-H Foundation's Annual Meeting will be held on Wednesday, January 16 at the Ford County Extension Office at 6 p.m. This is a public meeting and any Ford County resident is invited to attend. Foundation membership is obtained through a minimum \$5.00 donation, checks can be mailed to: The Ford County 4-H Foundation, Inc., 100 Gunsmoke St., Dodge City, KS 67801.

Basics of Beekeeping –

Jan 22, 6:30 pm, Ford County Fair Building

Beekeeping is a fun and worthwhile hobby, producing a sustainable product enjoyed by many. This meeting will cover: Biology of Bees, Bee Acquisition, Seasonal Management of Bees, and Bee Hive Location. For more information, contact the office and RSVP by Jan. 15.



Barn Quilt Painting Workshop

Have you seen the colorful barn quilts displayed at the county fair the last couple of years? Would you like to paint your own? Well here is your chance to actually paint a barn quilt.

Mary Harden, Bucklin, will be the guest presenter for the Saturday, February 16 workshop. Workshop will start at 9:00 a.m. at the Ford County Fair Building and will conclude sometime in the afternoon around 4 p.m. Registration and barn quilt pattern are due by Friday, February 1 to the Extension Office. Registration fee is \$60 and includes a 2'x2' board, pattern drawn on the board, paints, brushes and all other supplies. You just need to come, tape and paint! \$75 if you would like to have a 3'x3' board.

I have several patterns available that Mary has used in the past you can look through or if you have one you would like to use we will need it by February 1st.

Call the Extension if you have questions or email me at eschnewe@ksu.edu.

Knowledge at Noon Programs

The Knowledge at Noon programs began in November and will run through April. All programs start at approximately 12:10 p.m. and conclude around 12:50 p.m. Coffee and water will be available, bring your own lunch. These programs are co-sponsored by the Extension Office and the Dodge City Public Library. We appreciate the library working with us on this program.

***February 14 – “Heart Health”.** Ethel Schneweis, Ford County FCS Agent.

Are you eating for a Healthy Heart? Making healthy food choices is one important thing you can do to reduce your risk of heart disease. What are some Heart Healthy foods, recipes, etc.? These topics will be addressed as well as samples of some heart healthy foods will be available.



***March 14 – “Elder Abuse and Neglect: What You Should Know”.** Sharon Erickson-Fryback, Gray County FCS Extension Agent.

No one is immune to elder abuse — it can happen to anyone, at any time, and anywhere. Often a silent problem, elder abuse can rob older adults of their dignity and security and leave them feeling fearful, depressed, and alone. *Elder Abuse and Neglect: What You Should Know* will guide you through the types, warning signs, risks, and prevention of elder abuse and the reporting laws in Kansas.

***April 11 – “Dodge City Public Library E-Resources”.** Michael Biltz, DC Public Librarian

Have you checked out the electronic resources available through the Dodge City Public Library? Electronically you can read books, magazines, newspapers and oh, so much more! Come learn what they have to offer with just your library card!

The programs will be held at the Dodge City Public Library, 1001 N. Second.

Farmer's Market Workshops

The Kansas Department of Agriculture, K-State Research and Extension and the Kansas Department of Health and Environment will host six regional workshops in February 2019 to assist farmers' market vendors and managers.

Kansas farmers' markets not only provide a fresh food source, but also stimulate the local economy. In 2018, 95 farmers' markets were registered with KDA's Central Registration of Farmers' Markets.

"Farmers' markets provide growers a wonderful opportunity to have real interaction with consumers, and a chance to tell their farm's story," said Londa Nwadike, consumer food safety specialist with K-State Research and Extension and the University of Missouri. "It's also important for farmers to understand certain legal, safety and financial parameters before choosing to sell at a farmers' market."

Workshop topics will vary slightly by location. Highlighted topics include:

- Vendor Marketing and Communications
- Pest Control and Soil Health
- Regulations on Selling Meat, Eggs & Poultry
- Sales Tax for Vendors

KDA's weights and measures program will also offer free scale certification at the workshops for attendees.

Dates and locations for the Farmers' Market events in western Kansas are as follows:

Friday, Feb. 8 — Dodge City: Ford County Fair Building

Friday, Feb. 22 — Hays: K-State Agricultural Research Center

Registration for the February workshops is now open and is \$20 per participant. Registration includes lunch; however, lunch will only be guaranteed to those participants who register prior to the respective workshop date.

Registration forms can be found at FromtheLandofKansas.com/FMworkshop or at local extension offices.

Onsite registration for the workshops will open at 8:30 a.m. and the workshops will begin at 9:00 a.m. and conclude by 3:00 p.m., concluding at 4:30 p.m.

4-H Flea Market

The 4-H Exchange Annual Spring Flea Market will be held on **Saturday, March 30** at the Ford County Fair Building. Hours are 9 a.m. to 1 p.m. Concession Stand will be available with rolls for breakfast and various lunch items. Come down and support the exchange group by having something from the concession stand and also check out merchandise from many of the various vendors.

Dining With Diabetes

I will be holding a Dining With Diabetes Series on Tuesday afternoons starting on March 12 and running through April 2. These will be held in the Extension Office meeting room and will be from 1:30 -3:00 p.m.

You will learn about:

- ◆ reading food labels
- ◆ using a variety of sweeteners
- ◆ using seasoning to replace salt
- ◆ the role of fiber in the diet
- ◆ the difference between various types of fat
- ◆ the importance of exercise
- ◆ setting personal goals to manage your diabetes
- ◆ ...and more!

Cost is \$25.00 per person. To register and for more information, contact me by email at eschnew@ksu.edu or by calling the Extension Office at 620-227-4542.

Test for Radon During Winter

This is the ideal time to test your home for radon, a colorless, odorless radioactive soil gas which enters homes through cracks in the foundation. Radon is a leading cause of lung cancer in the US. A simple radon test kit is available at the Extension Office for \$6.00. To learn more about Radon go to the following website, kansasradonprogram.org/home or by calling the Kansas Radon Hotline at 1-800-693-5343. January is National Radon Month so become more informed about this gas which can be in your home.

Walk KS 2019, March 17 – May 11

Again this year we will be registering Walk Kansas teams using an online system. Revisions have been made which incorporated many suggestions from the program last year. We will also have paper registration for those that prefer to complete the registration by paper and then bring to the office.

Registration deadline will be in March. Captain packets will be available late February or early March.

More information is coming soon and will be posted on our website, Facebook page and emailed to past participants.

Using Yellow Split Peas

Yellow split peas are pulses which are the edible dried seed of legume crops. The word “pulse” comes from the Latin word



“puls” which means thick soup or potage. Beside split peas, pulses also include dry beans, lentils, and chickpeas and have virtually no fat content. They are, however, high in fiber, protein and complex carbohydrates.

For those on gluten free diets, pulses are beneficial. Many products are now made with pulse foods such as yellow and green pea flour. For diabetics, pulses are beneficial for blood glucose management and have a lower glycemic index. For vegetarians, pulses have eight essential amino acids which offers beneficial protein quality.

Split peas are easy to prepare. No overnight soaking is needed. Heat two cups water for each cup of dry split peas. Simmer for 30 minutes to desired tenderness. Add them to chili, spaghetti sauce, soup, salsa, hummus or in many other dishes.

Give Kohlrabi a Taste!

It looks like a turnip or even a mini-cabbage, but it's not! It's kohlrabi! The flavor is a mix of cucumber and mild broccoli. The texture is crunchy and juicy like an apple. This fat free, cholesterol free, low sodium, high fiber and high in vitamin C vegetable can be eaten raw or cooked.

Kohlrabi is German for “cabbage turnip”. It is a cousin to cole crops such as broccoli, cauliflower, kale and mustard. It contains glucosinolates, which may help fight cancer. A one cup serving contains 100 percent daily amount of vitamin C which helps the body easily absorb iron.

Kohlrabi is either purple, white, or light green. The leaves are also edible.

New Physical Activity Guidelines for Americans

The second edition of the Physical Activity Guidelines for Americans has been released by the U.S.

Department of Health and Human Services. So what's new in this edition?

Since 2008, new

knowledge has been

gained on the proven benefits of physical activity for all ages and populations. New information on physical activity benefits include:

- Health benefits in relation to brain health, fall-related injuries, and cancer.
- Benefits for sleep, how people feel and how people function.
- How sedentary behaviors affect overall health.
- Guidelines for children ages 3 through 5 years.
- Tested strategies to get people more active.

These guidelines will be incorporated into the Walk Kansas program for 2019.

<https://health.gov/paguidelines/second-edition/>



EatWheat.org—Telling the Story

Speaking with one voice is the mission of EatWheat.org to speak for agriculture and farm production practices.

This campaign is driven by Kansas wheat farmers to help consumers learn where their food comes from and how it is grown by caring farmers. After one year of operation, EatWheat.org has reached millions of people. Read farmer stories; learn about wheat and the foods made with wheat; get inspired with wheat décor; and enjoy tasty recipes for any occasion. Follow them on a variety of social media platforms.

EatWheat.org is sponsored by [Kansas Wheat](http://KansasWheat.org) and the [Wheat Foods Council](http://WheatFoodsCouncil.org)

Allergen in Red Meat Associated with Heart Disease

Lone Star Tick



Diets high in saturated fat may lead to heart disease. But, another potential factor could be a cause of heart disease, an allergen in red meat.

Research done at the University of

Virginia has found a specific allergen called galactose- α -1,3-galactose, a sugar in red meat which can cause sensitivity in people bitten by the lone star tick. Prior research showed hints that this linkage was possible. Now, the specific allergen has been identified.

The specific antibody blood marker to this allergen has shown higher levels of fatty deposits inside arteries which could be associated with heart disease.

As a reminder, this is just a preliminary association. More research must be done to show that testing for this allergen will be helpful in managing heart disease.

Source: www.ift.org/IFTNEXT/110618.aspx

Lone Star

tick www.bookstore.ksre.ksu.edu/pubs/mf2653.pdf

What If My Canned Foods freeze?

In the winter months, basements and other food storage areas may get much colder than expected when a heat source fails, a door or window is accidentally left open or for some other reason. For best quality, canned foods should be stored at temperatures between 50°F and 70°F in a dark, dry place. However, if the canned foods do freeze accidentally, they can still be safe to use as long as the jars do not become unsealed. However, foods that have been frozen and thawed may soften.

So if you notice that your canned foods did freeze, check to be sure that the jars are still safely sealed. If they became unsealed, throw the food away—it could have gotten contaminated through the broken seal and might make people sick. If the seals are still good, they are still safe to use, although the final product may be softer than usual.

If you do store canned foods where you know they may freeze, wrap the jars in newspapers, place them in heavy cartons and cover them with more newspapers and blankets to help prevent freezing.

Source: National Center for Home Food Preservation
http://nchfp.uga.edu/how/store/store_home_canned.html

New Year's Resolution:

Keep Your Freezer Organized!

The new year is a great time to resolve to keep your freezer organized and ready to hold the upcoming year's harvest. Organize your freezer's contents into food groups to make it easier to locate different products when you need them. For example, keep all the vegetables together and all the fruits together. Arrange the packages so that the ones that have been in the freezer the longest are most easily accessible, so you will use those first. Keep a refrigerator/freezer thermometer in your freezer and check it regularly to be sure that the temperature stays at zero degrees F or lower in order to maintain the best quality.

Source: National Center for Home Food Preservation. General freezing information.
<https://nchfp.uga.edu/how/freeze/management.html>

Clean and Happy in 2019!

As we all know, some New Year's Resolutions are easier to keep than others. Experts say the best way to make a resolution stick is to start small and keep it simple. Here are a few small household cleaning resolutions that will help keep your family clean and happy all year.

- Pick a day and time once a week to clean door knobs, faucets, and handles throughout your house. Think sinks, toilets, doors, and cabinets! A disinfectant wipe should make it go quickly!
- Set aside time for everyone in the house to find some items to donate. You'll actually have fewer things to clean, and you'll feel better for doing it.
- Create stylish cleaning storage! Cleaning products don't have to reside in an old bucket. Find a cool caddy or bring the family together to personalize one. Pick up some cute gloves and colorful accessories, and you'll love bringing them out to clean.
- Just dust. Work your way around your home removing the dust under and behind furniture, on carpets, and, everywhere in-between. Where does dust come from, anyway? Scientists are reporting a surprising answer to that question, which has puzzled and perplexed generations of men and women confronted with layers of dust on furniture and floors. Most of indoor dust comes from outdoors.

Clean and Happy New Year!

Skimming the Fat

Making soup, broth or sauce and need an easy way to skim off excess fat? Here's some tips. Place a metal spoon in ice cold water. Touch the cold spoon to the hot food and the fat should coagulate on the spoon for easy removal. In place of a spoon, use a cold lettuce leaf or an ice cube. Avoid stirring the food too much so fat rises to the top. If you have more time, chill the food and the fat will rise to the top. Use a spoon or spatula to remove the hardened fat. While fat carries some flavor, it also makes a food mixture unappealing and greasy.

Be Cool, Wash in Cold

Did you know that about 90 percent of the energy your washing machine uses goes toward heating the water and that many clothing labels recommend washing in cool or cold water? American Cleaning Institute wants you to know that washing in cold water saves energy and your clothes because proper temperatures can help your duds last longer and keep colors from fading.

What's also kind of cool is that today's detergents – thanks to better technology – actually work better in cold water. There are even some stains (think: grass, makeup and blood) that should only be washed in cold water, since hot water could make the stains permanent.

The Difference between “Use-By” “Sell-By” and “Best-By” Dates

Confusion over date labeling leads to billions of pounds of food waste every year Here is a brief explanation on the difference between “use-by,” “sell-by,” and “best-by” dates.

Use-By -- This label is aimed at consumers as a directive of the date by which the product should be eaten; mostly because of quality, not because the item will necessarily make you sick if eaten after the use-by date. However, after the use-by date, product quality is likely to go down much faster and safety could be lessened.

Sell-By -- This label is aimed retailers, and it informs them of the date by which the product should be sold or removed from shelf life. This does not mean that the product is unsafe to consume after the date. Typically, one-third of a product's shelf-life remains after the sell-by date for the consumer to use at home.

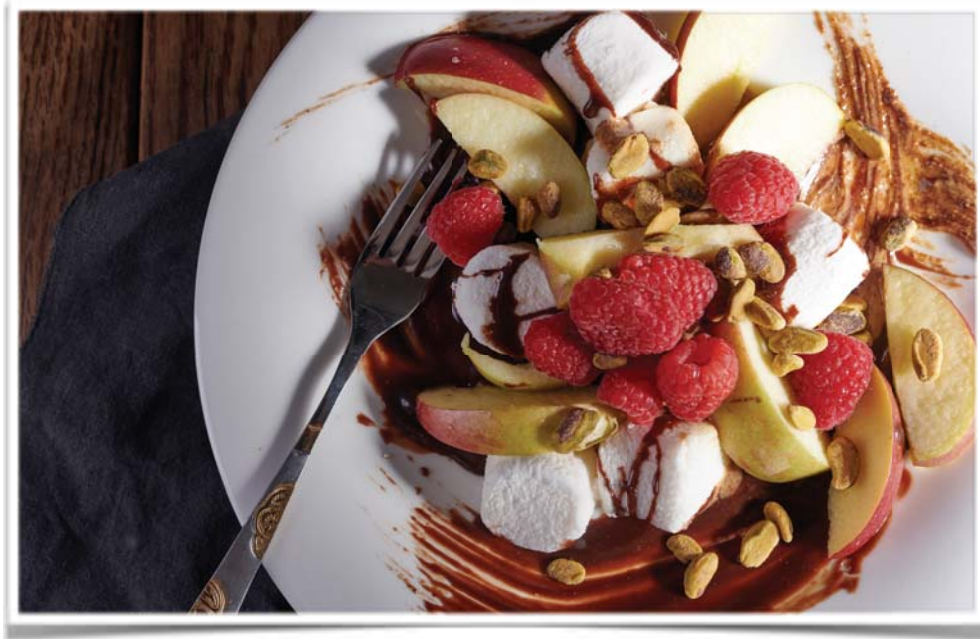
Best-By -- This is a suggestion to the consumer on which date the product should be consumed to assure for ideal quality.

Brackett also points out that smell and taste are not good indicators of whether or not a food is safe to eat.

Source: Bob Brackett, PhD, CFS, Director of the Institute for Food Safety and Health at the Illinois Institute of Technology and IFT member [FutureFood 2050](#)

APPLE S'MORES

This amazing dessert is made on a large plate and then shared by everyone at the table



Ingredients:

- ❖ 1 cup of large marshmallows
- ❖ 1 tablespoon of almond or peanut butter
- ❖ 1 tablespoon hot fudge sauce
- ❖ 1 tablespoon pistachios
- ❖ 2 apples
- ❖ 1 cup raspberries

Directions:

Microwave the hot fudge sauce, almond butter, and marshmallows on a plate for 30-60 seconds.

Move the sauces around with a brush or spoon to create a fun smeared effect.

Top with nuts and fruit and serve immediately.

Chef's Tips:

You can use any combination of fruits and nuts. Try pears, cranberries, blueberries, etc.

Serves 6. Each 1/2 cup serving: 148 calories, 3g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 37 mg sodium, 30g carbohydrate, 2g fiber, 21g sugars, 2g protein

Ford County
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Dear Friends,

K-State Research and Extension- Ford County provides “*Knowledge for Life*” with a variety of programs. Look inside this newsletter for more details.

We have several programs/activities scheduled for the beginning of 2019 and hope you will be able to join me for one or more of them. With the start of a new year, consider something new or different or make some changes to improve your health. Come to the Knowledge at Noon programs or any of our other activities or programs. Be more active – think about getting a team for Walk Kansas or learn something new!!!!

Sincerely,



Ethel Schneweis

County Extension Agent, Family and Consumer Sciences



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K-State, County Extension
Council, Extension Districts,
and U.S. Department of
Agriculture Cooperating

K-State Research and
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