



Family & Consumer Science News

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”*

Online Dining With Diabetes training

K-State Research and Extension are providing online Dining With Diabetes trainings through-out the year.

The Dining with Diabetes Online course is provided by Kansas State University Research and Extension educators and certified Dining with Diabetes course instructors and is designed for adults with type 2 diabetes, prediabetes, and their family members, caregivers, and support persons. The course helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading.

*These courses are not intended to provide individual prescriptions for diabetic meal planning and it is not intended to replace diabetes education furnished by qualified health care professionals.

If you are interested in taking an online class, please contact me and I will send you the registration information. There is usually an online class starting every month.

Powerful Tools for Caregivers - Starts March 29

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. **This will be an online class presented live by Zoom on Tuesday afternoons starting March 29 and concluding on May 3. Sessions will be held 1:30 -3:00 pm.** You would need to have access to a computer or tablet for the class or you can arrange to come into our office and participate. If you have not used Zoom, we can have an instruction time prior to the classes starting to become familiar with it. Leaders for the program will be Christine McPheter, Meade County; Sharon Erickson-Fryback, Gray County, Jordan Schuette, River Valley District and myself.

A resource book will be provided to all participants through special funds. Call the Extension if you have questions or email me at eschnewe@ksu.edu for more information.

Walk KS 2022, March 27 – May 21

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 April 1. Captain packets will be available at a later date.

More information is on our website, Facebook page and emailed to past participants.

2022 Ford County Fair

The 2022 Ford County Fair dates have been set for Thursday, July 21 through Monday, July 25. Please put these dates on your calendar. We would love to see an increase in our exhibits and participation for 2022. Entry will be similar to last year. Consider helping as an open class or 4-H superintendent.

Getting Ready for Food Preservation!



Food preservation is a science! Be sure to use current recipes and guidelines for best results.

Gardeners are planning what they want to plant this season, and eager to plant early season crops. It's also time to plan for how to preserve your bounty.

Canning supplies are refilling stores. But be a smart shopper and do your homework. There are many counterfeit products that can lead to problems in canning. All of the Ball® products are made in the U.S.A. so be sure to look for that designation on the packaging. The lids will have the Ball® logo and they are silver. If anything is "Made in China" and it looks like Ball® products, they are not legitimate.

Manufacturing of canning products is running 24/7 to get products restocked. Glass is the biggest concern in the supply chain to make jars. Lids are back to pre-pandemic stock numbers.

A new item coming out is a "throw back" to vintage jars. Ball® is making a rose-colored jar to celebrate that vintage color from the early 1900s. They are also coming out with some new storage containers.

If you have a dial gauge pressure canner, it is time to get it tested. Our local office can test the brands Presto, National, Maid of Honor and Magic Seal. We cannot test All American gauges. Contact your local Extension office for assistance.

Learn more about food preservation at www.rrc.k-state.edu/preservation/index.html.

New to Canning? Let Us Help!



Canning your own garden produce or farmers market produce can be rewarding and a great way to save your food for later use. But if you are new to canning, it is important to start by getting educated and learn how to can safely.

For canning fruits, pickles, jams, jellies and most tomato products, a water bath canner or large stock pot with a lid and rack is needed. Water bath canners have fitted lids and removable perforated or shaped-wire racks. The canner must be deep enough that at least 1 to 2 inches of briskly boiling water covers the tops of jars during processing.

For canning plain vegetables, some tomato products and meats, a pressure canner is needed. Today's pressure canner may have a weighted gauge or dial gauge, for indicating and regulating the pressure.

With any of these, always read the manufacturer's instructions before canning any food. Also, be aware that some canners cannot be used on glass stovetops. Learn more about [water bath canning](http://www.rrc.k-state.edu/preservation/index.html) and [pressure canning](http://www.rrc.k-state.edu/preservation/index.html), and much more at [Preserve it Fresh, Preserve it Safe.](http://www.rrc.k-state.edu/preservation/index.html)
<https://www.rrc.k-state.edu/preservation/index.html>

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 go to the following website, kansasradonprogram.org/home or by calling Kansas Radon Hotline at 1-800-693-5343.

4-H Exchange Flea Market – April 9

The 4-H Exchange group is holding their annual Flea Market on Saturday, April 9 at the Ford County Fair Building, 9 am – 1 pm. Booth spaces are still available if you would like to have a booth to help their fundraiser. If not, plan to come and look through all the “treasures” our vendors will have at their booths.

Cleaning a Smelly Fridge



Power outages can lead to spoiled food in the refrigerator or freezer. These spoiled foods lead to smelly odors. •

Discard the spoiled food. Wash shelves and drawers in hot water and soap. Rinse with a solution of one tablespoon bleach in one gallon water. Wipe appliance interior, door and gasket with hot water and baking soda. Rinse with the bleach solution. Leave the door open to air dry at least 15 minutes or more. Remember to keep small children away so they don't get trapped inside.

Learn more tips from the [USDA Emergencies and Food Safety](#) resources. And remember, with any questionable food, when in doubt, throw it out! •

March is National Nutrition Month

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. For ideas go to: <https://www.eatright.org/> •

Lose Weight and Keep It Off

Weight is about more than appearance. Being overweight and obese is associated with a lower quality of life (especially as we age) and higher risk for a wide range of diseases (from diabetes and cardiovascular disease to cancer and viral infections). The good news is, losing even five to ten percent of excess weight can have a dramatic impact on health. But what is the best way to lose weight? And how do we get it to stay off? Tuff University professors offer their up-to-the-minute expert advice on achieving and maintaining a healthy weight. Here is a list of science-backed tips and tricks for healthy, lasting weight loss from our experts:

Have a plan: Decide what dietary and behavior changes make the most sense for you, and set realistic, achievable, time-bound goals to move towards those changes.

Don't bite off more than you can chew: Make small changes in behavior which fit within your lifestyle and can be maintained over time. Make one change at a time. When that one goal is reached, set another.

Take it slow: Gradual weight loss is a key to long-term success. Aim to lose about one-half to one pound a week. Rapid, massive weight loss should not be the goal.

Be mindful: Notice what you are eating and how much, but also where, when, and why (for example: eating at night; mindlessly munching in front of the TV; eating in response to stress, sadness, or loneliness), and address the factors that influence your eating behaviors.

Don't drink your calories: Sugary beverages are bad for health and simply add extra calories to your diet, which leads to unwanted weight gain.

Cook at home: Prepare food at home as much as possible, rather than ordering out. Preparing food at home gives you more control over what (and how much) food you put in your body.

Set yourself up for success: Stock the pantry, fridge, and freezer with healthy choices; use smaller plates and glasses; pre-portion high-calorie items.

Get rid of guilt: Eating is one of life's pleasures. Don't beat yourself up for a bad day— just go back to reaching for your goals. Eat your favorite treats, occasionally, in reasonable amounts. Work to establish a positive relationship with food.

Online Garden Hour Zooms

K-State Garden Hour Webinar Series, hosted by K-State Research and Extension horticulture staff across the state of Kansas will continue through the year. These are held on the first Wednesday of each month at noon for some horticultural training. Sessions will be recorded and posted on their website after each event.

You do need to register at [Webinar Registration - Zoom](#) or https://ksu.zoom.us/webinar/register/WN_2MfHtfkEQS6qI8Q_vr9OYA

Upcoming session topics and descriptions:

April 6, 2022: Pollinator Plants for Continuous Food Sources

Include plants for pollinators in your spring planting plan! Providing season-long pollen and nectar sources in the garden is critical for our pollinators to forage on, and an important way to help increase local pollinator numbers. Join [Jason Graves, Central Kansas District Horticulture Extension Agent](#), to learn about the planting strategies and pollinator garden plants that will help you supply pollinators with the critical foraging habitat they need.

May 4, 2022: New and Improved Annual Flower Varieties

New and improved varieties of annual flowers hit the garden center shelves every year. Which varieties will provide you outstanding summer performance? Join [Matthew McKernan, Sedgwick County Horticulture Extension Agent](#) as he highlights new varieties of annual flowers with outstanding performance, along with tips for growing annual flowers more successfully this summer!

June 1, 2022: Organic Pest Management for Vegetable Gardens

The ideal weather conditions for peak vegetable crop production will also generate a rise in garden pests, weeds, and disease. As these pests plague the garden, even the most avid organic grower may become disheartened. Join [Zac Hoppenstedt, Johnson County Horticulture Extension Agent](#), to learn about organic controls available to the home gardener, as well as strategic approaches to help prevent garden problems.

July 6, 2022: Growing Culinary Mushrooms at Home

Mushrooms can be a fun and tasty addition to your garden and dinner table. [Pam Paulsen, Reno County Horticulture Extension Agent](#), will cover some of the most commonly cultivated mushroom species and walk through the steps of how to grow them successfully at home.

August 3, 2022: Landscaping For Wildlife

How you landscape your property and the plants you select can create a welcome invitation for wildlife to visit your property. [Chuck Otte, Geary County Extension Agent](#), will discuss basic landscaping concepts that will encourage wildlife to visit your yard. Learn about recommended native plant material to utilize, as well as key management techniques that will provide benefits to many different wildlife species.

September 7, 2022: Recommended Trees for Kansas

Often the shade, beauty, and other benefits of a tree aren't fully appreciated until decades after a tree is planted. As a result, picking the right tree for the right place becomes even more critical. Join [Dr. Jason Griffin, Woody Ornamentals Horticulture Extension Specialist](#), as he highlights some of the best trees for Kansas and the surrounding region.

KSU Physician Assistant Program Launches!

History is in the making at K-State as the new Physician Assistant Masters program begins. The first class of 35 students are among this program to ultimately reduce health care facility shortages.

This continuous 27-month program prepares graduates to work as part of an inter-collaborative health care team. The curriculum includes classroom and clinical education.

Physician Assistants are nationally certified and licensed medical professionals. Learn more about this new program at www.hhs.k-state.edu/academics/pa/.

Physician Assistants work in large and small medical facilities. They are an essential healthcare source in rural communities.

The following recipes are from the Partnership for Food Safety website -- <https://www.fightbac.org/>

Crunchy Romaine Toss Salad

6 servings

INGREDIENTS

- 1/2 cup sugar
- 1/2 cup vegetable oil
- 1/4 cup cider vinegar
- 2 tsp soy sauce
- 1/8 tsp salt
- 1 3 oz pkg ramen noodles, broken
- 1 small onion
- 1 tbsp butter
- 1-1/2 cups fresh chopped broccoli
- 1 small head romaine lettuce
- 1/2 cup chopped walnuts



Wash hands with soap and water.

1. In a jar with a tight-fitting lid, combine the sugar, oil, vinegar, soy sauce, salt and pepper. Shake well.
2. Break the ramen noodles into pieces. Discard seasoning packet from noodles or save for another use.
3. In a small sauté pan, heat the butter on medium heat until melted and sauté noodles in butter until golden.
4. Scrub the onion with a clean vegetable brush under running water. Slice the onion.
5. Gently rub broccoli and romaine lettuce under cold running water.
6. Chop broccoli. Tear the romaine leaves into bite size pieces.
7. In a large bowl, combine noodles, broccoli, romaine lettuce and onions.
8. Just before serving, toss with dressing and walnuts.

Chicken & Vegetable Stir-Fry

4 servings

INGREDIENTS

- 1 tbsp vegetable oil
- 1 lb boneless skinless chicken breast, cut into 1-inch pieces



- 2 cloves garlic, finely chopped
- 2 tsp gingerroot, finely chopped
- 1 medium onion
- 1 cup baby carrots
- 1 cup chicken broth soup
- 3 tbsp soy sauce
- 2 tsp sugar
- 2 cups broccoli flowerets
- 1 cup fresh mushrooms
- 1/2 cup red bell pepper, diced
- 2 tsp cornstarch
- 4 cups hot cooked Chinese plain noodles

Wash hands with soap and water.

1. Scrub the onion with a clean vegetable brush under running water. Cut onion into thin wedges.
2. Scrub baby carrots with clean vegetable brush under running water. Cut carrots lengthwise in half.
3. Gently rub broccoli flowerets under cold running water.
4. Gently rub mushrooms under cold running water. Dice the mushrooms.
5. Scrub red bell pepper with clean vegetable brush under running water. Dice the red bell pepper.
6. Heat vegetable oil in skillet over medium-high heat.
7. Do not rinse raw chicken. Add chicken, garlic and gingerroot; stir-fry 2 to 3 minutes or until chicken is brown.
8. Wash hands with soap and water after handling uncooked chicken.
9. Add onion, carrots, 3/4 cup of the broth, the soy sauce and sugar. Cover and cook over medium heat 5 minutes, stirring twice.
10. Add broccoli, mushrooms and bell pepper. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in center and internal temperature reaches 165 °F on food thermometer, and vegetables are crisp-tender.
11. Mix cornstarch with remaining 1/4 cup broth; stir into chicken mixture. Cook, stirring frequently, until sauce is thickened. Serve over noodles or rice.

S'more Cookie Bars 8 servings

Graham Cracker Cookie

- 1-1/4 cups all-purpose flour
- 1 cup graham cracker crumbs
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 cup butter, softened
- 3/4 cup sugar
- 3/4 cup firmly packed brown sugar
- 1 large egg
- 1 large egg yolk only (save egg white)
- 1 tsp vanilla extract
- 6 1.55-oz full-size milk chocolate bars



Frosting

- 3/4 cup sugar
- 1/4 cup water
- 1 large egg white
- 1 tsp light corn syrup
- 1/8 tsp cream of tartar
- 1/8 tsp salt
- 1/2 tsp vanilla

1. Heat oven to 350 °F. Line 13×9-inch baking pan with aluminum foil, extending over edges. Set aside.
2. Combine flour, graham cracker crumbs, baking powder, baking soda and salt in bowl. Set aside.
3. Beat butter, sugar and brown sugar in large bowl until creamy. Add egg, egg yolk and vanilla; beat until well combined. Slowly add flour mixture; beat until just combined. Spread batter into prepared pan.
4. Wash hands with soap and water after handling eggs and flour.
5. Bake 26 to 30 minutes. Remove pan from oven and lay chocolate bars over cookie. Return to oven for 2 minutes. Using an off-set spatula spread the melted chocolate over the graham cookie layer. Let cool completely until chocolate is set.
6. For the frosting, place about 1/2 inch water into bottom pan of double boiler. Bring to boil over high heat. Combine 3/4 cup sugar, 1/4 cup water, egg white, corn syrup, cream of tartar and salt in top of double boiler.
7. Place mixture over rapidly boiling water (water should not touch bottom of pan); beat at highest speed with hand mixer 7 minutes or until mixture forms stiff peaks. (Do not overcook.)

Remove from heat; add vanilla. Continue beating 2 minutes or until frosting holds deep swirls.

8. Lift bars from pan using foil ends. Remove foil. Frost top of bars. Use kitchen torch to toast frosting. Let sit 5 to 10 minutes before cutting to allow frosting to set.

Flank Steak Sheet Pan Dinner

6 servings



- 2 lbs flank steak
- 4 cloves garlic, minced
- 1 lime, juiced
- 2 tbsp olive oil
- 2 tsp paprika
- 2 tsp cumin
- 2 tsp kosher salt, plus more for seasoning
- 1/2 tsp ground black pepper, plus more for seasoning
- 1 lb cherry tomatoes
- 3 shallots, sliced
- Warm tortillas, for serving

Wash hands with soap and water.

1. Heat oven to 425 °F. Arrange rack in upper third of the oven.
2. Line rimmed baking sheet with foil. Place flank steak on baking sheet. Do not rinse raw meat. Wash hands after handling raw meat.
3. Gently rub garlic and lime under cold running water.
4. Combine garlic, lime juice, olive oil, paprika, cumin, salt and pepper in a small bowl. Pour marinade over steak and rub onto both sides. Wash hands with soap and water after handling raw meat.
5. Do not reuse marinades used on raw foods.
6. Gently rub cherry tomatoes and shallots under cold running water.
7. Spread cherry tomatoes and shallots over top of the steak and season with salt and pepper.
8. Roast in the oven until internal temperature reaches 145 °F on a food thermometer, usually about 15 minutes. Let rest for about 10 minutes, then slice and serve with melted tomatoes, shallots and warm tortillas.

USDA Confirms Highly Pathogenic Avian Influenza in Backyard Flock in Kansas



Anyone involved with poultry production from the small backyard chicken owner to the large commercial producer should review their biosecurity

activities to assure the health of their birds. Find guidance on biosecurity on the KDA Division of Animal Health webpage at agriculture.ks.gov/AvianInfluenza. More biosecurity resources as well as updates on the current HPAI status nationwide can be found on the APHIS website at:

<https://www.aphis.usda.gov/aphis/ourfocus/animalhealth/animal-disease-information/avian/avian-influenza/2022-hpai>. Attentively monitor your birds for symptoms of HPAI which include: coughing, sneezing, nasal discharge, and other signs of respiratory distress; lack of energy and appetite; decreased water consumption; decreased egg production and/or soft-shelled, misshapen eggs; incoordination; and diarrhea. Avian influenza can also cause sudden death in birds even if they aren't showing other symptoms. Highly pathogenic avian influenza (HPAI) is a highly contagious viral disease that can infect chickens, turkeys and other birds and can cause severe illness and/or sudden death in infected birds.

If these symptoms are observed in your birds, immediately contact your veterinarian. If you don't have a regular veterinarian, contact KDA's Division of Animal Health office toll-free at 833-765-2006.

According to the U.S. Centers for Disease Control and Prevention, the recent HPAI detections do not present an immediate public health concern. No human cases of these avian influenza viruses have been detected in the United States. Birds and eggs from the infected flock will not enter the food system. As a reminder, the proper handling and cooking of all poultry and eggs to an internal temperature of 165 °F is recommended as a general food safety precaution.

Tractor Safety Course to Be Offered

Spring and warmer weather are coming. Teenagers can make themselves more marketable for jobs in agriculture by participating in the National Safe Tractor and



Machinery Operation Program offered by local K-State Research and Extension Offices. This annual course will be offered on **Saturday, May 7, 2022 on the campus of Dodge City Community College.**

The purpose of this course is to provide teenagers with an appreciation and awareness of the needed safety practices around tractors and farm machinery. The law requires any young person, ages 14 to 16 who will be employed by someone other than his or her mother or father on the farm to complete a certification course.

Registration will begin at 8:00 a.m. The course runs from 8:30 a.m. to 5:00 p.m. Topics to be covered include: tractor safety operation, working with anhydrous ammonia, ATV safety, fire safety, grain safety and working with livestock. A \$20 registration fee covers the noon meal, breaks and handouts. K-State Research and Extension COVID-19 protocols will be followed.

Pre-registration is required by April 29, 2022. A flyer and registration form can be found online at www.ford.ksu.edu. You can pre-register by contacting the Ford County Extension Office at 620.227.4542 or by e-mailing csanko@ksu.edu

Ford County
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Dear Friends,

K-State Research and Extension- Ford County provides
“*Knowledge for Life*” with a variety of programs.

I have included the Ford County Fair dates in the newsletter.
You can start now to plan on what you would like to bring to the county
fair to exhibit. Tell your friends and neighbors to encourage them to
participate. They can also come for our many activities and events.

Remember to eating healthy and staying active. A way to
become more active is to plan to have your family or friends form a
team for Walk Kansas!!!!

If you have questions concerning any of the information within
the newsletter, please give me a call or email me.

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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