



Family & Consumer Science News

Family & Consumer Science News Ford County

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8:30 am - 12 noon
1:00 pm - 5:00 pm

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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

Here are several upcoming meetings you might be interested in attending!

Radon In Your Home

There will be a one-hour public presentation on Radon held on Wednesday, March 22, at the Dodge City Public Library, 6:00-7:00 pm. This presentation is sponsored by the Kansas Radon, Kansas Dept. Health and Environment and Ford County Extension. If you are unsure what Radon is and how to deal with it, plan to attend the informational meeting. There will be some free radon test kits available for attendees as door prizes. 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. Call the Extension Office for more details for the meeting. 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.

Grant Writing Workshop

If you are interested in learning how to write for grants, there will be workshop on Thursday, March 23, 9:30 – 3:30 pm at the University/Training Center, 236 San Jose, Dodge City. This sponsored by K-State Research and Extension Grant Writing, and the Dodge City/Ford County Development Corporation. The Development Corporation is subsidizing the normal registration fee so you will only pay the \$20 per person fee. Lunch is provided.

For more information: checkout the enclosed flier or contact Kyla Keller, at 620-227-9501 or kkeller@dodgev.org. The registration deadline is March 9, 2023.

4-H Flea Market

The 4-H Exchange Annual Spring Flea Market will be held on **Saturday, March 25** at the Ford County Fair Building. Hours are 9 a.m. to 1 p.m. Concession Stand will be available. Come down and support the exchange group by having something from the concession stand. Also check out merchandise from many of the vendors. Contact the office if you are interested in having a booth, we may still have a few available.

Ford County Fair Dates July 20-24

Mark your calendars, the Ford County Fair will be July 20 through July 24. Our theme this year is “Red, White and Blue, this Fair is for You”. Plan to bring entries and participate in the many Fair events and activities.

Tractor Safety Training

Tractor Safety Training is **WEDNESDAY, MAY 31** for all teenagers who would like to attend. Registration is \$20 and is due by May 24. The training is from 8:00 a.m. to 5:00 p.m. at the Gray County Fairgrounds. Please contact the Extension Office for more details.



Walk KS 2023, March 26 – May 20

Again, this year we will be registering Walk Kansas teams using an online system. We will also have paper registration for those that prefer to complete the registration by paper and then return to the office.

Registration deadline is March 31. Captain packets are available now in our office. You can soon register online at <http://www.walkkansasonline.org/> or contact us for assistance.

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 instructor for the Saturday, April 1 workshop. Workshop will start at 9:00 a.m. at the Ford County Fair Building and conclude sometime in the afternoon around 4-5 p.m., depending on when you complete your board. Registration and barn quilt pattern are due by March 20 to the Extension Office. Registration fees range between \$30 - \$110 depending on the size of board size. Registration includes the pattern drawn by the instructor on the board, paints, brushes and all other supplies. You just need to come, bring your lunch, tape and paint!

I have several patterns available that Mary has used in the past, which you are welcome to look through or if you have one you would like to use we will need it by the registration deadline.

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

Hospice of the Prairie and Prairie Home Health Community Seminar

On **Tuesday, April 11, 2023, 7:00 – 8:30 pm**, Hospice of the Prairie and Prairie Home Health will sponsor a community Seminar with **Jared Estes**! This will be held at the Boot Hill Conference Center, 4100 W. Comanche St., Dodge City.

This is a true story of tragedy and triumph! Jared, originally from Bucklin, will challenge listeners to view their lives and the impact of their choices through a new filter, while offering helpful takeaways that can be applied to their own unique situations.

There is no cost to attend. Free will donation will be accepted. RSVPs are preferred but not required. You can message them on their Facebook page, email at info@hospiceoftheprairie.com or contact their office at 620-227-7209. To RSVP or to learn more about Jared's story, visit: <https://www.eventbrite.com/.../jared-estes-community...>

Celebrate National Ag Day!



Open your calendar to March 21 and write down [National Ag Day!](#) This is a day to celebrate everyone in agriculture and how agriculture is in all of our lives each day.

The goal of this day is to:

- Learn about the production of food, fiber and renewable resources.
- Understand the role of agriculture in our economy.
- Appreciate the importance of safe, abundant and affordable agricultural products.
- Learn about the many career opportunities in agriculture.

Speaking of careers, there are options! They range from agribusiness, to communications, to park management, to food science and many more.

National Ag Day is supported by the Agriculture Council of America. They encourage you to plan an event to celebrate agriculture in your community. They have assembled some planning tips and tools to help you succeed.

Learn more at www.agday.org/ and make your plans now!

2023 National Nutrition Month®

It's the 50th anniversary of National Nutrition Month® held annually in March. The purpose is to learn how to make informed food choices and take steps to improved physical activity and healthful eating.

The Academy of Nutrition and Dietetics chose the theme of “Fuel for the Future.” This emphasizes sustainable healthy habits and protecting the environment. Many ideas are available to improve your health at home, work, school, grocery store, and more.

Learn more about this campaign at www.eatright.org/national-nutrition-month-2023.

Celebrate St. Patrick's Day with Corned Beef!



Corned Beef, Photo: Canva.com

To start, what does the term “corning” mean? It is a form of dry-curing beef brisket with “corns” of salt. These corns are not actual corn, but refer to the size of the salt crystals. Originally, this was a way to preserve beef during the winter months and through the season of Lent.

Today, corned beef can be found throughout the year. It is traditionally served with cabbage on St. Patrick's Day but also as tasty meat for sandwiches.

You can buy corned beef that is ready to cook. It is in a salt brine with spices. Use a long, moist cooking method either in the oven, on top of the stove or a slow cooker. It should be “fork-tender” with an internal temperature of 160°F. It will likely have a pink color after cooking because of the nitrites used in the curing process. Cut into slices against the grain.

Learn more at <https://extension.umn.edu/preserving-and-preparing/prepare-corned-beef> and <https://blogs.extension.iastate.edu/answerline/2021/03/09/diy-corned-beef/>

Food Safety for Direct to Consumer Sales

K-State Research and Extension strives to help small food businesses to make and sell safe food. One important tool to accomplish this is our publication [Food Safety for Direct to Consumer Sales: Regulations and Best Practices](#). This publication is developed in partnership with the Kansas Department of Agriculture Food Safety and Lodging program. It is updated annually and is also [available in Spanish](#).

Those who sell Direct to Consumers include farmers markets, local fairs, and online sales. There are food safety regulations to follow and the bottom line is to make the safest food possible.

This publication also provides information about licensing, selling meat, eggs, dairy products and more!



The Allergen Sesame Now Required on Food Labels

Example of “Contains” statement on food package
Photo: fda.gov

As of January 1, 2023, food products that contain sesame must have sesame listed as an allergen. The Food Allergy Safety, Treatment, Education, and Research (FASTER) Act passed in 2021 declared that sesame be designated as the ninth major food allergen. This is the first addition to the initial eight food allergens defined in 2004.

The allergen declaration will be stated within the ingredient statement or as a separate “Contains” statement below the ingredient statement on food packages.

There may still be food products in grocery stores that don't list sesame as an allergen if they were already made and shipped to stores before 2023. So those who are allergic to sesame will need to check the ingredient statement regularly. Also, foods that are not packaged, such as bakery goods displayed on trays, may or may not have allergen information. Always ask the vendor to find out any food allergen information.

Learn more at www.fda.gov/consumers/consumer-updates/allergic-sesame-food-labels-now-must-list-sesame-allergen.

Egg Substitutes

The price of eggs has consumers scratching them off their shopping list. Here are some options to replace eggs in your recipes based on what function the egg is providing.



Boiled egg—use 2 ounces extra-firm tofu for each hard boiled egg.

Binding ingredients in baking— For each egg, use 1 tablespoon chia seeds or ground flax seeds with 3 tablespoons water, let stand 5 minutes. This makes a gel and helps hold ingredients together.

Leavening in baking—Use the chia or flax seed mixture above plus 1/2 teaspoon baking powder for each egg.

For moistness in baking—use 1/4 cup applesauce, mashed banana, pureed avocado, pureed garbanzo beans, or silken tofu.

Buy eggs when on sale and [freeze](#) them for later use.

Source: eatright.org

Understanding Alzheimer's and Dementia

Recently there was a popular actor whose family announced he has been diagnosed with Dementia. Do you know the what Dementia and Alzheimer's definitions?

Dementia is a broad (umbrella) term for an individual's changes in memory, thinking or reasoning. There are many possible causes of dementia, including Alzheimer's.

Alzheimer's disease is the most common cause of dementia. It is not a normal part of aging—it's a progressive brain disease, meaning it gets worse over time.

Two abnormal brain structures called plaques and tangles are the main features of Alzheimer's disease. Scientists believe they damage and kill nerve cells. Tangles are twisted fibers of another protein called tau that build up inside cells.

Other common dementias:

- Vascular dementia is a decline in thinking skills that happens when blood flow to the brain is blocked or reduced so that brain cells can't get important oxygen and nutrients. Sometimes these changes occur suddenly, such as during a stroke that blocks major brain blood vessels. Vascular dementia is the second most common cause of dementia after Alzheimer's disease.
- Lewy body dementia (LBD) is a type of progressive dementia related to buildup of a protein called alpha-synuclein that damages brain cells. Early symptoms include hallucinations and sleep programs.
- Frontotemporal dementia (FTD) is a group of disorders. Progressive cell degeneration (or breakdown) causes FTD in two places. One is in the brain's frontal lobes (the areas behind the forehead). The other is in the brain's temporal lobes (the regions behind the ears).

You can visit alz.org/dementia to learn about other types of dementia.


Currently, over 55 million people worldwide are living with Alzheimer's or another dementia, including more than 6 million Americans. Without changes in prevention or treatment, this number will nearly triple by 2050. The disease also affects the more than 11 million Americans who provide unpaid care for people living with Alzheimer's or another dementia.

Our **local Dodge City Walk to End Alzheimer's Committee had a kick off on February 24** and also has a **fundraiser with Applebee's on February 28**. Consider supporting our committee and the walk's fundraising activity. You can order take out or dine in to participate.

2023 Dodge City Walk to End Alzheimer's registration is now open!

Join or rejoin us in the fight against Alzheimer's and all other dementia by registering for your 2023 Walk to End Alzheimer's at act.alz.org/dodgecity.

Donations can be given anytime during the year. Major financial sponsorship can also have their business or company name listed on fliers, website, t-shirts, etc. Ask me for more information.



When you dine with us on
February 28
and order from the designated menu,
50% of the proceeds
will go to
WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION
in Dodge City, KS

Applebee's • 406 W Wyatt Earp Blvd.

Dining with Diabetes Classes

I have scheduled Dining With Diabetes Classes to start on April 3 and continue the next three Mondays, April 10, 17 and 24, 1:30-3:30 pm at the Ford County Fair Building, 901 West Park Street, Dodge City. Registration deadline is Monday, March 27. Call the office or email me at eschnewe@ksu.edu to register or for more information.



Dining with Diabetes is a national extension program provided to Kansans by K-State Research and Extension Family and Consumer Sciences professionals and community health partners. The program is a series of four 2-hour classes that are held once a week. Classes consist of a presentation on diabetes self-care or healthful food choices; a five to ten minute low-impact physical activity; presentations on tasty, healthy familiar foods, sampling foods, and demonstrations of cooking techniques using artificial sweeteners, reduced-fat foods, herbs, and spices.

The program is designed for people with diabetes and their family members, caregivers, and support persons. There is a registration fee of \$25 to help cover meeting supplies.

When an Ingredient Statement Says “Spice”

Photo: USDA Flickr

Reading ingredient statements on food packages provides you a list of ingredients in that food from most to least in the formula. So when you read the word “spice” or “spices” what does that mean?



According to the [FDA Code of Federal Regulations](#), certain spices can be listed by their common or usual name or declared collectively without naming each spice. A spice is defined as any aromatic vegetable substance in the whole, broken or ground form. Examples include allspice, basil, dill seed, black pepper and others. The exception is a substance traditionally used as a food, such as onions, garlic or celery. These cannot be included as a spice. Spices such as paprika, turmeric, and saffron are also colors and must be declared as “spice and coloring” or by their common name.

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Energy Saving Information from Energy.gov

Your kitchen contains a host of energy-using appliances and there are ways to reduce their energy use. First, buy the most efficient units possible. This includes refrigerators, dishwashers, and stoves. (There isn't much difference in microwave oven efficiency.) Identifying the most efficient models is simple: just look for the EnergyStar label. This assures you that it's among the top efficient models.

For refrigerators avoid the automatic ice maker and drink dispenser because they cause more breakdowns and leaks, in addition to increasing energy use. Can you consolidate one refrigerator for two that you already have? A second refrigerator freezer, especially an older one, greatly increases your energy costs.

Selecting the most efficient stove is also important. Induction stoves are now the most efficient and provide features not available with traditional electric or gas stoves. Induction stoves are still more expensive but the energy savings can repay the extra cost (especially if you cook a lot).

Energy-Saving Kitchen Tips

If you aren't buying any new appliances, you can still practice energy-saving behaviors. Those can cut your energy use in half in some cases. Some of the most efficient conservation practices are

- Covering cooking pans/pots
- Using an electric kettle instead of running hot water
- Loading the dishwasher fully before washing
- Relatively small measures, such as reducing the number of times the refrigerator is opened
- Removing extra refrigerators/freezers
- Placing the faucet lever on the kitchen sink in the cold position when using small amounts of water; placing the lever in the hot position draws hot water even though it may never reach the faucet.
- Looking for blue flames in natural gas appliances; yellow flames indicate the gas is burning inefficiently and an adjustment may be needed. If you see yellow flames, consult the manufacturer or your local utility.
- Keeping range-top burners and reflectors clean; they will reflect the heat better, and you will save energy.
- Using a covered kettle or pan or electric kettle to boil water; it's faster and uses less energy.
- Matching the size of the pan to the heating element when cooking.
- Using the microwave oven when possible
- Using small electric pans, toaster ovens, or convection ovens for small meals rather than your large stove or oven. A toaster or convection oven uses one-third to one-half as much energy as a full-sized oven.
- Not setting your refrigerator or freezer too cold. Recommended temperatures are 35°-38°F for the fresh food compartment and 0° F for separate freezers for long-term storage.
- Making sure your refrigerator door seals are airtight. Test them by closing the door over a piece of paper or a dollar bill so it is half in and half out of the refrigerator. If you can pull the paper or bill out easily, the latch may need adjustment, the seal may need replacing, or you may consider buying a new unit.
- Regularly defrosting manual-defrost freezers and refrigerators; frost buildup decreases the energy efficiency of the unit. Don't allow frost to build up more than one-quarter of an inch.



Starting Seed Indoors by Andrea Burns, Ford County Ag Agent

While it may seem that Spring is a long way off, gardeners can get a jump start by starting seeds indoors.

Sometimes, it can be difficult to find specific onion varieties in sets or transplants, so growing from seed may be a preferred option. Onions are one of the first plants to be seeded for transplanting because this crop takes a significant amount of time (6 to 8 weeks) to reach transplant size and because they can be set out relatively early (late March in much of eastern and central Kansas). Therefore, we want to start onions in mid- to late-January. Onion seed should be placed $\frac{1}{2}$ to $\frac{3}{4}$ inch apart in a pot or flat filled with a seed starting mix.



Place the container in a warm (75 to 80 F) location until young seedlings emerge. Move to a cooler location (60 to 65 F) when the seedlings are 1 to 2 inches tall. Make sure they have plenty of light, using florescent or LED lights if needed. Start fertilizing when the seedlings reach 2 to 3 inches tall using a soluble fertilizer with each or every other watering.

Onion seedlings tend to be spindly with the remains of the seed sticking to the end of a leaf for several weeks. Encourage stockiness by trimming the ends of the leaves when the plants reach 4 to 5 inches tall. Start hardening off the onions in early March by moving the plants to a protected outdoor location. You may have to move them inside temporarily to protect them from extreme cold snap.

Following are the steps needed to be successful in seed starting.

- Purchase Recommended, Quality Seed: Start by taking a look at our recommended varieties at <http://www.bookstore.ksre.ksu.edu/pubs/L41.pdf> . These plants have proven themselves across the state of Kansas and this is a good place to start when deciding what to plant. However, also talk to your neighbors, friends and your local garden center about what has worked well for them.
- Obtain your seeds from a reputable source including garden centers and seed catalogs. If choosing seeds from a business that does not specialize in plants, pay special attention to the package date to make sure the seed was packaged for the current year. Though most seed remains viable for about 3 years, germination decreases as seed ages. Also, this allows you to keep the seed for a longer period of time with an expectation of good germination. See the accompanying article on using old garden seed for more detailed information.
- Determine the Date to Seed: There are two pieces of information that needs to be known in order to determine the date to seed transplants: the target date for transplanting outside and the number of weeks needed to grow the transplant. There is a companion article in this newsletter listing common plants and the number of weeks needed to grow a transplant.
- The target date for transplanting the cool-season crops such as broccoli, cabbage, cauliflower and onions are the end of March to the beginning of April. Warm-season crops like tomatoes, peppers and most annual flowers are usually planted about May 10 in Manhattan. Northern Kansas may be a week or so later than Manhattan and southern Kansas a week or so earlier.
- Sowing Seed: Do not use garden soil to germinate seed as it is too heavy and may contain disease organisms. Use a media made especially for seed germination.
- Keep Seed Moist: Seed must be kept moist in order to germinate. Water often enough that the media never dries. Using a clear plastic wrap over the top of the container can reduce the amount of watering needed. Remove the wrap after the seedlings emerge.
- Light: Most plants will germinate in either darkness or light but some require darkness (Centurea, Larkspur, Pansy, Portulaca, Phlox and Verbena) and others require light (Ageratum, Browallia, Begonia, Coleus, Geranium, Impatiens, Lettuce, Nicotiana, Petunia and Snapdragon).

- All plants require adequate amounts of light once emergence occurs. South facing windows may not provide adequate amounts and so fluorescent or LED fixtures are often used. Suspend fluorescent lights 2 to 4 inches above the top of the plants. LED lights are much more variable. Use LED lights that are designed to grow plants and follow the manufacturers recommendations. Regardless of the type of light used, leave the lights on for 16 hours each day.
- Temperature: The temperature best for germination is often higher than what we may find in our homes especially since evaporating moisture can cool the germination media. Moving the container closer to the ceiling (top of a refrigerator) can help but a heating mat is best for consistent germination. A companion article lists common plants and their optimum germination temperature. After plants have germinated, they can be grown at a cooler temperature (65 to 70 degrees during the day and 55 to 60 degrees at night). This will help prevent tall, spindly transplants.
- Plant Movement: Plants react to movement. Brushing over the plants with your hand stimulates them to become stockier and less leggy. Try 20 brushing strokes per day. However, brushing will not compensate for lack of light or over-crowding. Plants grown under inadequate light will be spindly regardless of any other treatment.
- Hardening Transplants: Plants grown inside will often undergo transplant shock if not hardened off. Plants are hardened off by moving them outside and exposing them to sun and wind before transplanting occurs. Start about two weeks before transplanting and gradually expose the plants to outside conditions. Increase the number of hours and degree of exposure over the two-week period.
- Seed stores best if kept in a cold, dark, dry location. Most types of seed will remain viable for about 3 years under these conditions though there are exceptions. For example, members of the carrot family (carrots, parsnips and parsley) are short-lived and are usually good for only 1 to 2 years. If you are unsure of viability and have plenty of seed, there is an easy method of determining how good your seed is.
- Place 10 seeds on a paper towel moistened with warm water and cover with a second moistened towel. Roll up the towels and place inside a plastic bag with enough holes for air exchange but not so many that the towels dry quickly. Place the bag in a warm place such as the top of a refrigerator. Remoisten towels with warm water as needed. After the first week, check for germination. Remove sprouted seed and check again after another week. Add these numbers together to determine the percent germination. (adapted from information in the Horticulture newsletter)

For more information on starting seeds indoors, contact the Ford County Extension Office.

K-State Garden Hour

Even during the heart of winter, a popular online gardening series is drawing hundreds of Kansans to its monthly, lunch-hour programs.

Organizers of the [K-State Garden Hour](#) say the 2023 lineup– will continue a tradition of providing updated information on gardening topics that Kansans have asked for.

“We are excited to offer a new round of webinars in 2023, based on the topics our participants requested most,” said Matthew McKernan, a K-State Research and Extension horticulture agent in Sedgwick County. “There’s no better time than the cold, winter months to be planning for the coming year’s garden.”

A [one-time registration](#) gives viewers free access to all of the 2023 sessions, which include:

- March 1 – Houseplants: Basics and Beyond.
- April 5 – Growing to New Heights with Vertical Gardening.
- May 3 – Drought Tolerant Plants for a Challenging Kansas Landscape.
- June 7 – Drought Tolerant Lawns of Kansas: Warm Season Turfgrass.
- July 5 – Solutions to Your Top Garden Insect and Disease Problems.
- Aug. 2 – Integrating Native Plants Into Your Home Landscape.
- Sept. 6 – Seed Saving From Your Garden.

Ford County Extension Office
100 Gunsmoke St
Dodge City, KS. 67801

Dear Friends,

This newsletter has information concerning upcoming meetings and activities for our community. Consider supporting and attending some of the community meetings and fundraising activities.

The Ford County 4-H Members will soon be selling duck leases for the Duck Races in June. Please consider purchasing a duck lease and support this fundraising activity for the 4-H Clubs and 4-H Council.

If you have questions concerning any of the information within the newsletter, please give me a call or email me. I am always willing to visit with you.

Sincerely,



Ethel Schneweis
County Extension Agent, Family and Consumer Sciences



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K-State, County Extension
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