

# McPherson County

K-STATE EXTENSION NEWS

June 2026



Photo Credit: Lauralee Myers, KSE  
McPherson County



## Shad Marston, Agriculture & Natural Resources, County Agent

By the time you are reading this, Kansas wheat harvest will be in full swing and that has only happened this early a couple of times during my lifetime. This year due to drought conditions, hail damage and warmer spring temperatures across much of the state, wheat farmers in our area will not be experiencing bumper crops. Yet, just last fall, producers had high hopes for an above average crop with the favorable moisture during fall planting.

As combines begin rolling through fields in central Kansas, K-State Extension reminds community members that county roads and highways will become much busier with large farm equipment, grain carts, semi-trucks and harvest crews moving from field to field. Motorists should use extra caution during wheat harvest season. Combines, tractors with grain carts and semis often travel at slower speeds and may take up more room on narrow rural roads. Drivers are encouraged to slow down, avoid distractions and be patient when approaching farm machinery. Passing equipment should only be done when it is safe and legal, with clear visibility ahead.

Harvest season is one of the busiest and most important times of the year for Kansas farmers. Producers are working long hours to safely bring in the crop while watching weather conditions closely. Community members can help support a safe and successful harvest by staying alert, sharing the road and giving farm equipment plenty of space. Safety on rural roads is everyone's responsibility during wheat harvest season.

*-Shad*

## Livestock News

### Weaning early?

By Shad Marston and Justin Waggoner, KSE

With the recent weather pattern and the current conditions of pastures and hay meadows, cattlemen might have to think outside the box come late summer and/or early fall. With cattle prices still holding on and even looking to go higher, taking care of mother cows in the herd remains high on the list. A couple of questions have come up recently regarding early weaning; 1) How early can I wean a calf and 2) What is the expected benefit of early-weaning? Early weaning is not a term that is well defined, but in general refers to weaning a calf at less than 200 days of age (conventional weaning 180-220 days of age). Calves raised in conventional extensive environments have a functional rumen at approximately 45 days of age and are capable of using dry feeds. However, various research suggests that 120-150 days of age is optimal for implementing an early program. In terms of what can be gained by early weaning. Early weaning reduces energy requirements of the cow by 25-30% and daily demand for forage resources.



Photo Source: Shad Marston  
KSE - McPherson County

A 450 lb. spring-born calf is capable of consuming approximately 7 lbs. of forage per day. A dry 1400 lb. cow can easily consume 28 lbs. of dry forage per day (2% bodyweight). If we divide the 28 lbs. of forage needed to maintain the cow by the 7 lbs. spared in a pasture by removing the calf, we learn that for every 4 days that a calf is not grazing with the cow we get one grazing day for the cow.

## Weaning early? Cont'd

If we wean calves approximately 30-60 days early, we gain an additional 1-2 weeks of forage to support the cow. Additionally, research at Kansas State University (Bolte et al, 2007) documented that weaning calves at 100 to 145 days of age increased body condition scores of cows grazing native pastures from an average of 5.46 to 5.85 in 120 days. The change in cow body condition score ranged from 0.25 to 0.50 of a condition score on this study. These results are more impressive if we also consider that forage quality was likely declining and yet these cows were still able to increase body condition.

The results of this study demonstrate that the optimum time improve body condition on cows is immediately following weaning as the nutrient requirements of pregnant cows are lowest during this time.

Furthermore, what is the value of improving cow condition in the Fall to the ranch in a tough year or increasing the breed up rates and subsequent retention of younger females in the herd? A lot! Especially when we consider the replacement cost of females at current prices.

## Lawn and Garden News

### Scouting for Bagworms

by Shad Marston

Now is the time for homeowners and tree managers across central Kansas to be scouting for bagworms. Bagworms are a common pest on evergreens such as cedar, juniper and arborvitae, but they can also feed on shade trees and shrubs. The small caterpillars are beginning to hatch and will start feeding on plant foliage. Early detection is important because young bagworms are much easier to control than larger larvae later in the summer. Treating for Bagworms in August is a waste of time and money, as the females are fully mature and protected by their sealed bag surrounding them.

Bagworms create small spindle-shaped bags made from silk and pieces of plant material. As they feed, they carry these bags with them for protection. Heavy infestations can quickly defoliate trees and shrubs, causing branch dieback and in some cases plant death, especially on evergreen species.



**Photo Source: Shad Marston  
KSE - McPherson County**

Homeowners should begin checking trees now for small moving bags or signs of feeding damage. Hand-picking bags from trees during winter and spring can help reduce populations, but insecticide applications are most effective when larvae are small. Products containing *Bacillus thuringiensis* (Bt), spinosad or permethrin can provide control when applied at the proper timing. Thorough coverage of the plant is important for successful management. If spraying just once, wait till the bagworms have all hatched around June 10th. Spraying twice is preferred, once the end of May and another June 10th. Spraying in a different pattern ensures better coverage of the foliage.

K-State Extension encourages homeowners to regularly monitor landscape plants throughout May and June. Catching bagworms early can save valuable trees and shrubs from serious damage later in the growing season.

### Additional Watering

by Shad Marston

With limited rainfall and warmer temperatures across much of McPherson County, K-State Extension encourages homeowners to closely monitor lawns, landscape plants, gardens and young trees for drought stress. Many areas are beginning to see dry soil conditions, and supplemental watering will be important to help maintain healthy landscapes through the early summer months.

Young and newly planted trees are especially vulnerable during dry weather and may require deep watering once or twice each week. A slow soaking around the root zone is more effective than frequent shallow watering. Mature trees can also benefit from occasional deep watering during extended dry periods to reduce stress and improve overall health.

Lawns may begin showing signs of drought stress, including a bluish-gray color, footprints remaining in the grass and slowed growth. Homeowners are encouraged to water lawns deeply and less frequently to encourage deeper root growth. Early morning watering is recommended to reduce evaporation and disease concerns. Gardens will need extra care as the newly planted vegetables are still expanding their root systems to take in the needed moisture for plant growth and development.

Mulching around trees and garden/landscape plants can also help conserve soil moisture and reduce weed competition. K-State Extension reminds residents that careful water management now can help protect lawns, trees and shrubs during the hot summer months ahead.

# Little Barley

by Shad Marston

Many people mistake little barley (*Hordeum pusillum*) for a little foxtail because the foxtail and little barley seedheads are similar. This spring, little barley has come with a vengeance and taken over many landscapes this year due to the slow start of the grass in most lawns. Little Barley is more noticeable when yards are not thick and full of desirable grasses. Little barley is a winter annual that comes up in late September - October and spends the winter as a small plant. It thrives in the cooler spring temperatures, forms seed heads and dies out usually by July. Foxtail, on the other hand, is a summer annual that does well in hot weather. Also, foxtail will not produce seedheads until mid-to late-summer.

**Recommendations:** The best control for little barley is a thick lawn that is mowed high enough that sunlight does not hit the soil. Little barley seed will not germinate in such conditions. Overseeding in the fall can thicken up a tall fescue lawn and prevent a little barley infestation. However, if you do not plan to overseed, preemergence herbicides can be used to help with control of this weed.

Dimension (dithiopyr) is labeled for barley (*Herodium spp.*) which would include little barley and therefore can be used to give at least partial control. Dimension can be found in several homeowner products including Hi Yield Turf & Ornamental Weed & Grass Stopper and Bonide Crabgrass and Weed Preventer. Other products may contain Dimension in combination with fertilizer or broadleaf weed killers. Because little barley is a winter annual that germinates in the fall, apply the preemergence herbicide in early August and water in to activate. If overseeding, do not apply any preemergence herbicide as it will interfere with the germination of tall fescue.



Photo Source: Lauralee Myers, KSE - McPherson County

## Spotlight

2026 KSE Wheat Plot Tour

May 15, 2026

Mid-Kansas Coop Sponsored Lunch



Moundridge Plot



Inman Plot



Dr. Kelsey Andersen Onofre & Tina Sullivan



*Thank you!*

- Mid Kansas Coop
- Galle Family
- Schroeder Family
- Romulo Lollato
- Tina Sullivan
- Dr. Kelsey Andersen Onofre

Photo Source: Shad Marston, KSE - McPherson County





# Clover Corner



Laura Savage  
4-H Youth Development Extension Agent

## Laura's Letter

Hey families! Have you noticed how absolutely hectic this time of year is? I am currently writing this letter as I sit with our two amazing interns at our intern training! They are both former Kansas 4-H members and one of them is our very own Ellie Seeger! They will be offering a variety of programming throughout the summer! Make sure to continue to stay up to date with all of our offerings by checking our Facebook pages and looking out for the Weekly Wednesday! In other news, stay tuned for our official Fair Entry release. I ask for your patience as we adopt this system for the first time. Will there be challenges? Yes! However, we will work through them together; continuing to strive to make the best better. Happy June!

-Laura

## Stay in the Know!

Want to stay updated with McPherson County

4-H and other Extension Programs?

Follow us on Facebook!

Want to receive text message notifications?

**TEXT "ALERT" to 22300**



One Call Now--Text "ALERT" to 22300



McPherson County Extension Office



McPherson County 4-H

## Schedule of Events

- June 3 Farm Safety Day
- June 3-5 **Discovery Days**
- June 5 DNA Envelopes Ordered  
\*for small livestock\*
- June 12-14 State Geology Trip
- June 18 SE Area 4-H Youth Challenge Day
- June 19-20 Insect Spectacular

## New Building

### What improvements do you want to see in the new 4-H building?

Please share your opinions and feedback on what you want to see included in our new 4-H building. Fill out this survey: [tinyurl.com/MPCrossroadsProject](https://tinyurl.com/MPCrossroadsProject)



## McPherson County Fair

Attention all clubs who attend the McPherson County Fair in Canton! In order for your club to receive club premium money this year, a minimum of half of your club (that exhibits in the McPherson County Fair) must assist with one of the following items: fair set-up, superintendent duties, taking tickets, or clean-up.

*Working in the concession stand as a part of the your club's fundraiser does not count.*

## Livestock News

### Have questions about state livestock nomination? Who doesn't?

Check out this comprehensive "rookie guide" for all things state livestock nomination: <https://www.asi.k-state.edu/extension/youth-programs/nominated-livestock/2026%20Rookie%20Guide.pdf>

Also, if you have not been receiving emails from Lexie Hayes, please contact me!

## Fair News

This years Fair Book has been posted! Check it out at: [www.mcpherson.k-state.edu/4-h/fair/](http://www.mcpherson.k-state.edu/4-h/fair/)

Ad Astra Radio needs 4-H members to record short radio advertisements to encourage community members to attend our fair. Reach out to Laura if interested!

# VetMed Scholarships

Due to a generous grant from the Bill House Ag Grant through the Community Foundation of Southeast Kansas, 4-H members are able to apply for scholarships to reimburse families for the cost of attending the VetMed Rocks camps this July! Contact Laura for more details!

# State Geology Trip

**June 12-14, 2026**

Geology members will gather in Parsons, KS for a weekend of learning and specimen collection!

# SE Area 4-H Youth Challenge Day

**June 18, 2026**

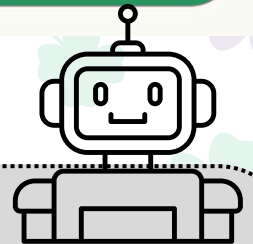
Lyon County Fair Grounds  
2700 US-50  
Emporia, KS 66801

# Summer Classes

**Check out these summer class:**

**Taste Buddies, June 22-26**  
9:30-11:00AM OR 1:30-3:00PM  
Ages 10-14

**Culinary Circuits, August 3-7**  
10:00 AM-12:00 PM  
Ages 10-14



**K-STATE** **Research and Extension**

**SOUTHEAST AREA 4-H YOUTH CHALLENGE DAY**

- Registration 9:30 AM
- NO FEE THIS YEAR
- Intermediate Division - ages 9 - 13 (before January 1st)
- Senior Division - ages 14 - 18 (before January 1st)
- Crops, FCS, Horticulture, and Photography Contests

**EVENT SCHEDULE**

**9:30 AM**  
Registration begins for all contests.

**10:00 AM**  
All contest instructions given.

**10:15 AM**  
All contests begin. Horticulture is a timed contest and must be completed first.

- FCS and Photo will offer a non-competitive/minor experience for 7-8 years old (free).

**12:00 PM**  
Contests Completed.  
Lunch on your own.

**1:15 PM**  
Award Ceremony

**2:00 PM**  
Contest Officials & Walkthrough

- Snacks will be provided

This institution is committed to providing equal opportunity for participation in all programs, services, and activities. Program information may be available in languages other than English, language access requests and reasonable accommodations for persons with disabilities, including alternative means of communication (e.g. Braille, large print, and American Sign Language), may be requested by contacting the event contact, **Trovis Carmichael**, four weeks prior to the start of the event, **May 18, 2026**, at (620) 341-3220 or via email at **trcarmic@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.

Kansas State University is an equal opportunity provider and employer.




**For Questions, please contact:**

**Horticulture**  
Trovis Carmichael: 620-341-3220, trcarmic@ksu.edu

**Photography**  
Maddy Wallace: 316-321-9660, mgwallac@ksu.edu

**Crops**  
Briean Rees: 620-341-3220, breees@ksu.edu  
Jill Barnhorst: 620-364-5313, jlbarnhorst@ksu.edu

**FCS - Family and Consumer Science**  
Becky Reid: 620-221-5450, bkreid@ksu.edu  
Cassidy Collins: 620-364-5313, cecollins@ksu.edu

9:30 AM

18

JUNE

LYON COUNTY FAIRGROUNDS

2700 US-50,  
EMPORIA, KS 66801



## Community Health Improvement Week: Investing in a Healthier McPherson County

Community Health Improvement Week, observed June 1–7, is a national initiative that encourages communities, local health departments, and organizations to come together to take stock of their community’s health, celebrate progress, and recommit to building healthier environments for everyone.

Sponsored by the National Association of County and City Health Officials (NACCHO), this week serves as a reminder that health is not just an individual responsibility — it is a community one.

At its core, Community Health Improvement Week is about taking a comprehensive look at the factors that influence our well-being: access to healthcare, economic stability, education, the environment we live in, and our social connections. These factors, often called social determinants of health, shape the daily conditions in which we are born, grow, work, live, and age — and they have a profound impact on our overall health outcomes.

In McPherson County, local public health partners, hospital systems, nonprofits, and community organizations work year-round to address these determinants through Community Health Improvement Plans (CHIPs).

These plans identify top health priorities, set measurable goals, and outline specific strategies to improve health outcomes over time. During Community Health Improvement Week, residents are encouraged to learn about their county’s current health priorities and consider how they can contribute.

This week is also a time to celebrate successes. Whether it’s improved access to mental health resources, increased physical activity programming, or expanded food pantry services, every step forward matters. Progress is made one partnership, one program, and one informed resident at a time.

How can you participate? Attend a local health fair or community meeting. Volunteer with a health-focused organization. Share health resources on social media. Most importantly, have conversations with neighbors, family, and friends about what a healthy community looks like — and what you can do together to build one.

Contact the McPherson County Health Department or your local K-State Extension office to learn more about current health priorities and upcoming Community Health Improvement Week events in your area. Together, we can create a community where everyone has the opportunity to thrive.

## Fruit & Vegetable Month: Filling Your Plate with Summer's Best

June is National Fruit and Vegetable Month — a timely celebration as Kansas gardens begin producing and farmers markets open for the season. It’s the perfect moment to reflect on how fruits and vegetables fuel our bodies and to explore practical ways to eat more of them every single day.

The evidence supporting a diet rich in fruits and vegetables is overwhelming. According to the Centers for Disease Control and Prevention (CDC), diets high in fruits and vegetables are associated with a reduced risk of heart disease, stroke, type 2 diabetes, and certain cancers. They are also linked to better digestive health, healthier body weight, and improved mental well-being. Yet nationally, only about 1 in 10 adults meets the recommended daily intake — at least 1.5 to 2 cups of fruit and 2 to 3 cups of vegetables per day.

The good news? Summer is the season of abundance. Fresh produce is at its peak flavor and nutritional value, and it is often more affordable when purchased locally or in-season.

Strawberries, tomatoes, sweet corn, cucumbers, zucchini, peaches, and cantaloupe are among the many items you’ll find at their best in June and the weeks ahead.

For families looking to boost their intake, simple strategies can make a big difference. Start meals with a salad or vegetable-based soup. Add fruit to morning oatmeal or yogurt. Keep a bowl of washed fruit on the counter so it’s the easiest snack to grab. Try ‘hiding’ vegetables in dishes like pasta sauces, casseroles, and smoothies for picky eaters.

Shopping local is another great way to celebrate this month. Visit the McPherson Farmers Market to support local growers, discover new varieties, and get fresh ideas for preparation. Many vendors are happy to share their favorite recipes and cooking tips.

Whether you’re trying a new vegetable this week or simply adding an extra serving of fruit to your lunch, every bite counts. This June, challenge yourself and your family to try one new fruit or vegetable each week. You may discover a new favorite — and a healthier you.

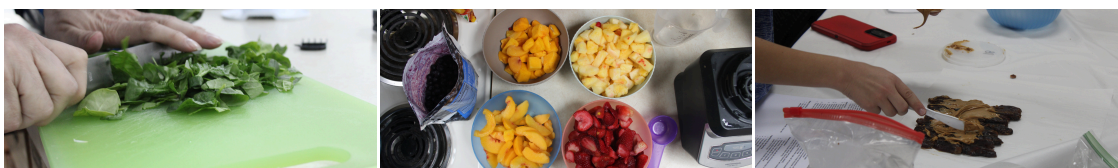


Photo Source: Lauralee Myers, KSE - McPherson County

# June is National Safety Month: Small Steps, Big Protection

Each June, the National Safety Council (NSC) leads National Safety Month — a campaign dedicated to raising awareness about leading safety risks and empowering individuals, families, and workplaces to take action to prevent accidents and injuries. This year's themes focus on emergency preparedness, driving safety, slips, trips and falls, and mental health in the context of overall safety.

Injuries are a leading cause of preventable death in the United States, yet most accidents are avoidable. The NSC estimates that a preventable injury occurs every second in the U.S. The good news is that awareness and preparation go a long way toward reducing these risks.

Emergency preparedness is a critical area for Kansas families. Severe weather — including tornadoes, severe thunderstorms, and extreme heat — poses real risks throughout the summer months. Every household should have a family emergency plan that includes a designated shelter location, a communication plan if family members are separated, and an emergency supply kit containing at least three days of water, non-perishable food, medications, flashlights, and important documents.

Driving safety is another major focus this month. Distracted driving remains a top cause of traffic fatalities nationwide. Put your phone down, ensure all passengers are buckled up, and never drive under the influence of alcohol or drugs. When driving in rural areas, be mindful of farm equipment sharing the road — particularly during planting and harvest seasons.

Falls are the leading cause of injury-related emergency room visits, especially among older adults. Simple home modifications — like removing trip hazards, installing grab bars in bathrooms, and improving lighting — can significantly reduce fall risk. If you have an older adult in your life, consider doing a home safety walkthrough together.

Finally, mental health and safety are deeply connected. Stress, fatigue, and untreated mental health conditions can impair judgment and reaction time, increasing accident risk. This month, check in on yourself and others. A culture of safety starts with a culture of care. For more resources, visit the National Safety Council at [nsc.org](https://www.nsc.org).

## The Rise of Loneliness as a Public Health Crisis:

### What Communities Can Do

Loneliness and social isolation have emerged as one of the most pressing public health concerns of our time. In 2023, U.S. Surgeon General Dr. Vivek Murthy issued an advisory declaring loneliness a public health epidemic, noting that approximately half of American adults report measurable levels of loneliness — with serious health consequences comparable to smoking 15 cigarettes a day.

The health effects of chronic loneliness are alarming. Research has linked social isolation to a 29% increased risk of heart disease, a 32% increased risk of stroke, and a significantly higher risk of developing dementia in older adults. Loneliness is also strongly associated with depression, anxiety, and substance use disorders. It affects people of all ages, though older adults, young adults, new parents, and those in rural communities are among the most vulnerable.

Rural Kansas communities face unique challenges when it comes to social connection. Geographic distance, limited public transportation, the decline of traditional gathering places, and the shift to remote work have all reduced opportunities for meaningful face-to-face interaction. At the same time, heavy reliance on social media as a substitute for in-person connection has shown to worsen — not improve — feelings of loneliness in many people.

The solution, experts agree, is not complex, but it does require intentional effort. Research by the Surgeon General's office points to three pillars of connection: social infrastructure (places and spaces where people gather), social programs (organized activities and volunteerism), and daily habits (small acts of kindness, putting down phones during conversations, and actively checking in on neighbors).

Communities that invest in gathering spaces, intergenerational programs, and civic participation see measurably better health outcomes. K-State Research and Extension programs in Community Vitality and Family Wellness are actively working to connect residents through educational programming, volunteer opportunities, and leadership development.

If you are feeling lonely or isolated, know that you are not alone — and that reaching out is a strength, not a weakness. And if you notice a neighbor, coworker, or family member who seems to be pulling away, a simple invitation can change everything. Connection starts with one conversation.



Photo Source: Canva

# Building the Communities We Want to Live In: The Power of Civic Engagement

What makes a community thrive? It's a question community development researchers, local leaders, and everyday citizens have asked for generations. While the answers vary by location and context, one factor consistently emerges across the research: civic engagement. Communities where residents actively participate in local decision-making, volunteerism, and community organizations are healthier, more economically resilient, and more satisfying places to live.

Civic engagement encompasses a wide range of activities — voting in local elections, attending city council meetings, serving on a school board or planning commission, joining a service club, mentoring youth, or simply showing up for a neighbor in need. Each of these actions, however small they may feel individually, contributes to what researchers call 'social capital' — the networks, norms, and trust that enable people to act collectively for mutual benefit.

In Kansas, small and mid-sized communities like those in McPherson County face both challenges and tremendous opportunities. Population shifts, changing economic landscapes, and evolving demographics mean that the communities of the future will look different from those of the past. But communities that actively engage their residents — including younger generations, new residents, and historically underrepresented voices — are better positioned to adapt and grow.

K-State Research and Extension's Community Vitality programming provides research-based tools and facilitation support to help communities assess their strengths, identify priorities, and mobilize residents around shared goals. Programs like Community Assessment for Public Health Emergency Response (CASPER), the Community Readiness Model, and civic leadership development workshops give local leaders practical frameworks to move from conversation to action.

This summer, consider looking for ways to deepen your community involvement. Attend a local government meeting. Volunteer with a civic organization. Participate in a community visioning process. Run for a local board or commission. Share your skills with a nonprofit. Mentor a young person.

The community you want to live in doesn't build itself — it's built by people who show up. McPherson County has a strong tradition of civic pride and neighborly investment. That tradition is only as strong as the residents who choose to carry it forward.

## Monthly Credit Check: Pull Your Free Experian Report This June

Staying on top of your credit is one of the most important steps you can take for your financial health — and it doesn't have to cost a thing. This month's credit check reminder: request your free credit report from Experian.

Under federal law, you are entitled to one free credit report per year from each of the three major credit bureaus — Equifax, Experian, and TransUnion — through [AnnualCreditReport.com](http://AnnualCreditReport.com). By spreading these requests out over the year (one bureau every four months), you can monitor your credit at no cost throughout the year. This month, it's Experian's turn.

To request your free Experian report, visit [AnnualCreditReport.com](http://AnnualCreditReport.com) and select Experian when prompted. You'll need to provide some personal identification information to verify your identity. Your report will typically be available immediately online, or you can request it by mail.

Once you have your report, review it carefully for accuracy. Look for accounts you don't recognize, incorrect personal information, late payments that were actually made on time, or debts that have already been paid off but are still showing as outstanding. Errors on credit reports are more common than many people realize, and they can negatively affect your credit score, your ability to get loans, and even employment opportunities.

If you find an error, you have the right to dispute it. Contact Experian directly through their website to file a dispute, and provide any supporting documentation you have. Errors must be investigated and corrected or removed within 30 days under the Fair Credit Reporting Act.

Beyond error-checking, reviewing your credit report is also a valuable tool for spotting potential identity theft early. If you see accounts or inquiries you don't recognize, take action immediately. Your financial health is worth the 15 minutes it takes to review your report each month.



Photo Source: Canva

# Upcoming Events



K-State Garden Hour Webinar: Maximizing Garden Success with Extension Resources  
 Wednesday, June 3, 2026 12pm to 1pm



Remote Work Wednesdays  
 Wednesday, June 10, 2026  
 12pm to 1am



## T.A.C.O.L. Budget Bites

Join us for hands-on cooking classes at Covenant Church in Lindsborg. Each month, learn to prepare nutritious, budget-friendly meals while building practical cooking skills, food safety basics, and smart shopping strategies. Open to all ages—youth through seniors. Free with RSVP.

Date and Time: June 9, 2026 at 6:30 PM (recurring monthly through September 2026)  
 Location: Covenant Church, Gym, 102 S. Washington St., Lindsborg, KS

**TASTE BUDDIES 3.0**

June 22-26, 2026  
 McPherson County Extension Office  
 600 West Woodside  
 McPherson, KS 67460

Ages: 10-14

**2 Class Times Available:**

- Morning: 9:30 AM-11:00 AM
- Afternoon: 1:30 PM-3:00 PM

[tinyurl.com/Buddies2026](https://tinyurl.com/Buddies2026)

**KANSAS STATE UNIVERSITY** Extension McPherson County  
 Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Extension is an equal opportunity provider and employer.

**A FREE & HANDS-ON CLASS!**

*Teach & Taste*

Korean Beef Skillet

<https://tinyurl.com/KBSkillet26>

*June 10, 2026*  
*6:30 PM*

*McPherson County Extension Office*  
*600 West Woodside, McPherson, KS 67460*

**X Did You Know?**

Bok choy, a type of Chinese cabbage, is a highly nutritious leafy green in the cruciferous family (like broccoli), originating in China over 6,000 years ago!

This Class Is Hands-On & Free!

**KANSAS STATE UNIVERSITY** Extension McPherson County  
 Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Extension is an equal opportunity provider and employer.

Sign up for our newsletter to stay informed about upcoming events, calendar updates, and exciting webinars happening in your area. See a selection of upcoming grants, discover senior and military discounts, access important county resource phone numbers, and never miss out on local happenings. If you don't see your event listed, use the link provided to add it to the county-wide calendar. Stay engaged and connected—subscribe today! To add events to the community calendar visit: <https://tinyurl.com/MCAddEvent>

To schedule time with Chuck follow the link below or scan the QR code.

<https://calendly.com/claughlin-ksu/meeting-with-chuck>





Extension  
McPherson County

Kansas State University Extension  
McPherson County  
600 W. Woodside  
McPherson, KS 67460

## RETURN SERVICE REQUESTED

## AGENT CONTACT INFORMATION

Shad Marston  
County Extension Agent  
Agriculture & Natural Resources  
[smarston@ksu.edu](mailto:smarston@ksu.edu)

Laura Savage  
County Extension Agent  
4-H Youth Development  
[savaglau@ksu.edu](mailto:savaglau@ksu.edu)

Chuck Laughlin  
County Extension Agent  
Family & Community Wellness  
[claughlin@ksu.edu](mailto:claughlin@ksu.edu)

Radio Every Monday:  
7:40 AM-96.7 FM KMPK  
7:40 AM-98.9 FM KMCP  
7:40 AM-95.5 FM KLBG  
Ad Astra Radio Station