



Photo Credit: Lauralee Myers, KSE
McPherson County
Event: Cow-Calf School 2026



Shad Marston, Agriculture & Natural Resources, County Agent

March has a way of fooling even the most seasoned Kansan. One day we're peeling off layers and admiring the first crocus blooms, and the next we're bracing against a north wind that reminds us winter isn't quite finished. But that's the rhythm of spring in central Kansas-unpredictable, humbling, and full of possibility. For those of us in agriculture, March is the month when planning and preparation finally start to feel like action. Across our area, I've been hearing the same mix of anticipation and caution from producers.

Moisture has been spotty, temperatures have swung wildly, and long-range forecasts continue to keep us guessing. Still, the optimism that defines rural Kansas is alive and well. March is a time to remember the past, look ahead, make adjustments, and set the tone for the growing season. March is also a month full of Extension programs and learning opportunities. Whether you're interested in crop updates, livestock management, or home and family resources, K-State Extension continues to offer workshops, webinars, and publications designed to support our rural communities. If you haven't checked in with us lately, this is a great time to reconnect. The resources are here, and they're meant for you.

As we spring forward, the days get longer, the soil begins to warm, and the first hints of green return to the landscape. Agriculture is never simple, but it is always resilient. And so are the people who make their living from it. May your wheat tiller well, your calves thrive, and your patience hold strong through every weather curveball mother nature throws our way.

- Shad

Cattle News

U.S. Cattle Inventory Reaches 73 Year Low

by Shad & Twig Marston

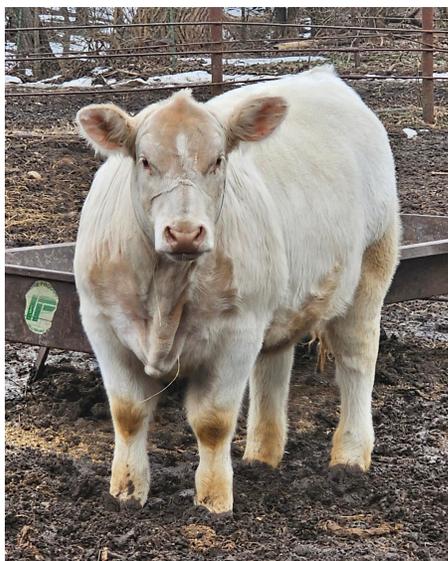


Photo Source: Shad Marston, KSE
Agriculture and Natural Resources Agent

Not many ranchers active today will remember the last time the U.S. cattle industry was this small. The January 2026 report on the total inventory of all cattle and calves in the U.S. decreased slightly from 86.5 million in 2025 to 86.2, the smallest total inventory since 1951. Kansas is still ranked 6th in the top 10, Beef Cow States. The last time the total cattle inventory was this small; impressive growth in productivity in the beef cattle industry was obtained. Look for producers to increase their herd numbers if we continue to get moisture and the relief of the 4-5-year drought. Cattlemen can do this expansion by saving more replacement heifers. Heifer selection is important because of the long-term impacts it can have on an operation. Dr. Twig Marston said, "Begin this process with the End in Mind." Knowing the growth curve from birth to maturity will help you keep on target for the development of your replacement females. Having a sound feeding system in place can effect heifer calf performance. As we know that age and weight of the developing heifer, effects puberty age and mature weight of the female. Feeding lighter heifers separately from the heavier ones helps in the development of the replacement females.

U.S. Cattle Inventory Reaches 73 Year Low Cont'd

Having heifers with a Body Condition Score of 5 and weighing 65% of their mature body weight at the beginning of breeding season would be ideal and decreases calving difficulty by half. Growing these replacement heifers is the most expensive stage of their lives for cattle producers. So when we do our evaluation of which females to select as replacement females, let's keep these traits in mind.

- Select earliest females born in a calving season
- Select females that were up fast after born and nursed colostrum
- Select highest Reproductive Tract Score

- Temperament, docile heifers are more enjoyable to be around. Temperament is a highly heritable trait
- Hoof quality definitely effects longevity. Keep in mind, poor foot quality only gets worse with age
- Evaluate teat size and placement, along with udder development

Aside from the focus on the females, remember that the bulls used in herd have a much greater genetic influence. If we are thinking about the genetic flow in the herd, sire selection is the place where we can have the biggest impact overtime. The sires used in the last 3 generations make up 87.5% of the genetics of the replacement female. Strategic sire selection for replacements is key and should be added as the final piece in the selection of replacement heifers.

Brome Update

Options for Brome Fields

by Tina Sullivan NE Area Agronomy Specialist

This past year (2025) was hard on forage producers once again, with fall armyworms arriving in late July and overstaying their welcome through the long, warm fall. Many across eastern Kansas reported a complete or partial loss of their brome stands (**Figure 1**). Brome field damage varied greatly, with some fields that appear dead, while others have no damage at all. The majority of the damaged areas were the late-harvested fields cut in mid-to-late July and after. Fall armyworm moths used those recently harvested fields to lay their eggs. Fall armyworm moths can lay their eggs on almost any foliar material, and once hatched, the larvae march for a food source.



Figure 1. Dead brome field in eastern Kansas.

Photo source: Rod Schaub, K-State Extension

When brome is cut late in July, it's growing in suboptimal conditions, as it's a cool-season grass that doesn't like 90°F temperatures. Limited leaf material left after cutting leaves the crown vulnerable (just a few inches tall) to fall armyworm feeding. This feeding, plus limited summer rains, tends to turn the field brown.

When we received rain, some fields greened up, but not all of them. With a warmer fall, some fields did not appear to bounce back, and now with the spring temperatures proving to be warmer, many questions are coming up about these damaged fields.

Are the brome plants alive? Is there potential for regrowth?

A driveby evaluation can be misleading, especially when grassy annual weeds (such as foxtail) died alongside dormant perennial forage. The only reliable method is to inspect plants directly.

Check for living rhizomes. Dig up a grass clod and examine the rhizomes. Living rhizomes mean new tillers should come up as precipitation comes and temperatures remain warm. Signs of life include roots holding onto soil material or greening up at the root base.

Conduct a bag test. Collect several plant samples, rinse the roots free of soil, and trim shoots to about an inch above the crown. Remove roots, moisten the crowns with cool tap water, and seal the samples in a plastic bag for 2–5 days at room temperature, out of direct sunlight. Living plants will produce new roots and shoots. If no growth occurs within six days, the plant is likely dead.

Management Options:

In a “normal” year, with regular supply and input prices (seed, fertilizer, herbicide, etc.), the plan would be to calculate the damaged area, have a well-prepared seedbed, and seed with 10 to 15 pounds of pure live seed (PLS)/acre. If a poor seedbed exists, seeding rates as high as 20 pounds PLS per acre may be required to obtain satisfactory stands. Higher seeding rates should be used when brome is broadcast on the surface and covered. In addition, soil samples should be taken and a fertility program prepared, applying lime, nitrogen, phosphorus, and potassium as needed. More information on Smooth Brome production and utilization can be found at: <https://bookstore.ksre.ksu.edu/pubs/c402.pdf>

Options for Brome Fields Cont'd

With high costs, springtime planting tends to be less ideal than fall planting, and with concerns about another high-damage year of fall armyworm, other forage options may need to be identified. However, we don't know if 2026 will have high fall armyworm pressure. It's always a good idea to prepare and pay attention to when moths start showing up in traps and how fast numbers climb.

1. **Consider alternative forages.** If farmers need to produce forage during spring and summer and are concerned about the cost of brome replanting (seed and fertilizer), they can consider summer annual forages such as pearl millet, sorghum-sudangrass, forage sorghum, and crabgrass. These crops yield 4000 to 8000 lbs of forage/acre. This is also an opportunity to consider seeding spring oats, spring triticale, and cereal rye with production ranging from 1,500 to 4,000 lbs of forage/acre. More details are available at: <https://www.agronomy.k-state.edu/documents/extension/mf2871.pdf>
2. **Wait and monitor stand recovery.** If immediate brome production isn't essential, growers can observe stands this spring before making a decision. This allows time to assess plant health, monitor input costs, and evaluate market conditions. However, this approach carries financial risk if forage yields end up lower than expected.
3. **Replant brome where necessary.** For producers who rely on brome hay sales and have fields that are clearly dead or severely damaged, reseedling may be necessary. Determine acreage needing establishment and plan for seed, fertilizer (based on soil tests), herbicide, and insecticide as needed. Spring planted brome faces significant weed pressure and generally cannot be harvested until the following spring. Fall planted brome can be harvested the next growing season.

Final considerations:

A damaged or dead brome situation will be very unique in each hayfield. Thus, what your neighbor is doing or has decided to do does not necessarily apply to you and your hayfield. Analyze your field, check the plants, and decide what would be best for your operation. Each field may require a unique solution.

Garden News

Kick-start Spring by Getting into the Garden

by KSE

With warmer days in the near-term forecast, many Kansans are eager to get back to gardening. Kansas State University horticulture expert Matt McKernan said early work can begin on vegetables like peas and lettuce.

"If you are tired of winter and hunger for spring, try planting peas as soon as the soil dries and the soil temperature reaches 40 degrees Fahrenheit," McKernan said.

There are many varieties to choose from in Kansas. McKernan suggests early maturing varieties with resistance to powdery mildew.

"Early maturing types allow us to harvest a crop before the hot weather arrives and stops production," McKernan said, adding that plant size should be a consideration when selecting varieties.

As for snow peas, commonly used in stir-fry, McKernan suggests Dwarf Grey Sugar and Mammoth Melting Sugar.

Sugar snap peas share a resemblance with shelling peas but have a thick, fleshy pod that can be eaten like snow peas, pod and all. Sugar Bon, Sugar Ann, Super Sugar Snap and Sugar Sprint are recommended by McKernan.

McKernan said peas should be planted shallow, about one-half inch deep to encourage rapid germination and emergence, and seeds should be spaced 2 inches apart in a row.

"Many people plant two rows 6-8 inches apart so the floppy plants can support one another," McKernan said. "For some older varieties, this may not be enough. They may need trellising to support the growing vines. You might consider installing fence to keep rabbits away."

Photo source: Lauralee Myers, KSE
Master Gardener and Friends Garden



Peas are not the only vegetable that gardeners can begin work on. McKernan said lettuce transplants can be started now.

"Though lettuce is most often planted outside directly from seed in late March to early April, it can be started inside from seed and later transplanted outdoors," McKernan said. "Transplants allow lettuce to mature earlier so that it can be harvested before the summer heat leads to a strong, bitter flavor."

McKernan and his colleagues in K-State's Department of Horticulture and Natural Resources produce a weekly Horticulture Newsletter with tips for maintaining home landscapes and gardens.



Clover Corner



Laura Savage
4-H Youth Development Extension Agent

Laura's Letter

While we are planning for six more weeks of winter, it seems like we have fallen into an early spring! No, I did not jinx it! As the weather begins to warm up, I encourage you to begin to look ahead to the upcoming county fairs. Wouldn't it be nice to have your projects completed early? We have been busy preparing for our fairs as we will be switching over to the Fair Entry for both the McPherson County Fair and the McPherson County 4-H Fair. While we adjust to this system, I would appreciate your patience and support. Let's all approach this with an open mind, knowing that this system will make fair entries easier for years to come!

-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

- Mar. 5 Ambassador Meeting (Zoom)
- Mar. 7 Beef Weigh-In
- Mar. 16 YQCA**
- Mar. 19 Rocketry Explorations
- Mar. 23 Rocketry Explorations
- Mar. 28 Skating Party**
- Mar. 30 Rocketry Explorations
- Apr. 1 Scholarships Due**
- Apr. 2 4-H Council Meeting

Skating Party!

The 4-H Council Social Committee invites you to a skating party!

Sat., March 28th, 10:00 AM-12:00 PM- Skateland Family Fun Center, 3101 N. Lorraine, Hutchinson
Entry free and skate rental will be covered. Any “options” including skate-mates and rollerblades will be at your own expense. You are welcome to bring your own skates or rollerblades if you have them. Water bottles are allowed but no other outside food or drinks can be brought in. Concessions are at your own expense.

Change to Match Week

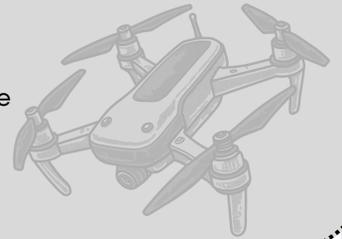
Match Week, formerly in March has been changed to Match Month which is tentatively planned in the fall, beginning on October 10th and concluding on November 10th.

Tech Day Camp

Flickner Innovation Farm in Moundridge will be hosting a Tech Day Camp on **April 4th, 10AM-12PM**. This is a free come-and-go event, but registration is required!

Register here:

https://kstate.qualtrics.com/jfe/form/SV_6XduUgQfs4R9eT4



Fair Book Covers

Fair book covers will need to be submitted to Laura by Wednesday, April 1st @ 5:00 PM. Submissions can either be scanned and emailed or brought into the Extension Office. The winning McPherson County 4-H Fair theme will be announced on March 3rd!

Event Spotlights

Explorations RECAP

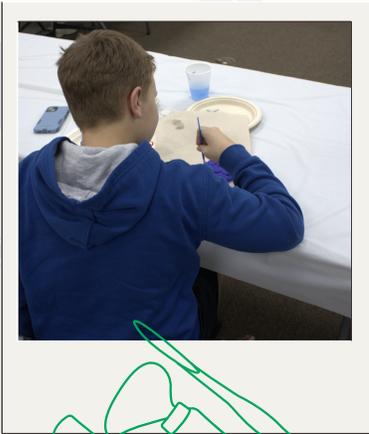
February: Visual Arts Explorations

March: Rocketry Explorations

Registration closed on Mar. 2nd.

Have an idea for an upcoming workshop? Are you a junior leader and would like to lead/help?

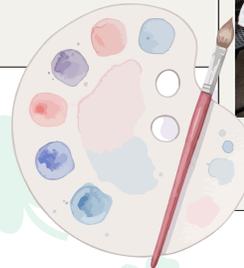
Contact Laura!



Ag Tech Day

April 4, 2026
10 A.M. - 2 P.M.

Flickner Innovation Farm
Moundridge, KS



Registration: <https://bit.ly/AgTechDay>
Ag Tech Day is FREE and open to the public, but registration is required. Please register by Wednesday, April 1. You can register as an individual or as a group. Group registration allows up to five people at a time.



Walk Kansas 2026 Is Almost Here – Get Ready to Move!

Spring is just around the corner, and that means it’s time to start thinking about getting active with Walk Kansas! K-State Research and Extension’s popular team-based wellness program returns in 2026 to help individuals, families, and coworkers build healthy habits, increase physical activity, and improve overall well-being.

Registration for Walk Kansas 2026 opens March 1, and the eight-week program will officially kick off on Sunday, March 22, 2026, running through Saturday, May 16, 2026. Now is the perfect time to gather your team and make plans to participate.

What Is Walk Kansas?

Walk Kansas is an engaging, team-based physical activity program designed to help participants move more and sit less. While walking is encouraged, participants can log a wide variety of physical activities, making the program accessible for all fitness levels and interests. Whether you prefer walking, gardening, biking, swimming, or fitness classes, your minutes of movement count toward your team’s goal.

Teams typically consist of four members (up to six) who work together to virtually “walk” across Kansas or complete other distance challenges. Participants track their minutes of activity and fruit and vegetable intake through the online system, helping build awareness of healthy lifestyle habits.

Why Participate?

Walk Kansas offers more than just exercise — it provides motivation, accountability, and community support. Many participants report:

- Increased daily physical activity
 - Improved energy levels
 - Better teamwork and social connection
 - Greater awareness of healthy eating habits
 - Stronger commitment to personal wellness goals
- Because the program is flexible and self-paced, it works well for beginners as well as those already active.

Key Dates to Remember:

- **March 1, 2026: Registration opens**
- **March 22, 2026: Walk Kansas begins**
- **May 16, 2026: Program concludes**

Participants are encouraged to register early and begin forming teams so they are ready to start strong on kickoff day.

Who Can Join?

Walk Kansas is open to adults and youth across McPherson County and beyond. Businesses, families, friend groups, faith communities, and individuals are all welcome. If you don’t have a full team, don’t worry — the Extension office can help connect you with others looking for teammates.

How to Get Started:

- Watch for registration to open March 1.
- Form your team of up to six members.
- Choose your challenge level.
- Log activity throughout the eight-week program.
- Encourage and support your teammates along the way!

Local Support from K-State Extension

The McPherson County Extension team is excited to support participants throughout the program with tips, encouragement, and local wellness resources. Walk Kansas is a great way to jump-start healthy habits as we head into spring and summer.

For more information about Walk Kansas 2026 or help forming a team, contact K-State Research and Extension — McPherson County.

Let’s step into spring together — one mile at a time!



<https://www.walkkansas.org>

Help Us Measure What Matters: Your Story Is the Impact of Extension

Every day, K-State Research and Extension works alongside Kansans to strengthen families, farms, businesses, and communities. From youth development and nutrition education to agriculture, financial management, and community vitality, Extension programs are designed to create real-world change. But the most powerful measure of that change comes from you.

We are currently gathering feedback from individuals who have participated in Extension programming, and we invite you to be part of this important effort. Your input helps us understand how Extension education is making a difference—not just in classrooms or meeting rooms, but in homes, workplaces, and communities across our region.

Impact takes many forms. For some, Extension programs lead to new knowledge or skills. For others, the experience results in meaningful behavior changes, improved practices, or stronger community connections. Whether the change was immediate or developed over time, your experience helps paint the full picture of Extension's value.

Think about your own experience. Did you learn something that you now use regularly? Have you made changes to your daily habits, business practices, or family routines because of something you learned through Extension? Perhaps a youth in your household gained confidence or leadership skills through 4-H. Maybe an agriculture meeting helped inform an important management decision. Or maybe an Extension program simply helped you feel more connected and informed in your community.

We are especially interested in hearing how Extension has made an impact in several key areas:

Daylight Saving Time and Your Health: What to Know and How to Adjust

Each spring, most Americans move their clocks forward for daylight saving time (DST). While gaining evening daylight can feel refreshing, research shows the time change can temporarily disrupt sleep, mood, and overall health.

Why the Time Change Matters

The spring shift effectively shortens sleep by about one hour for many people. Studies have linked the transition to short-term increases in sleep disruption, fatigue, reduced alertness, and mood changes. The body's internal clock (circadian rhythm) does not adjust instantly, which can leave people feeling "jet lagged" for several days.

• Personal Impact

Have you changed a habit, improved a skill, or gained knowledge that you now apply in your daily life? Even small adjustments—like trying a new healthy recipe, improving food safety practices, or adopting a time-saving technique—can have meaningful long-term benefits.

• Community Impact

Extension programs often create ripple effects. Have you shared what you learned with others? Helped start a new initiative? Strengthened local partnerships? Supported community problem-solving efforts? Your experience helps demonstrate how education spreads beyond the original program.

• Organizational or Professional Impact

For many participants, Extension education supports workplace decisions, farm management, volunteer leadership, or organizational growth. If something you learned influenced policies, practices, or outcomes in your organization or operation, we want to hear about it.

• Behavior Changes and Lessons Learned

One of Extension's goals is to move knowledge into action. Tell us about habits you have changed, practices you have adopted, or decisions you have made differently because of Extension programming.

You don't need to have a dramatic story to participate. Honest, straightforward feedback, whether brief or detailed, is extremely valuable. Your responses help us improve programs, demonstrate accountability to stakeholders, and ensure Extension continues to meet the evolving needs of our communities.

If you have attended a K-State Research and Extension program, please consider taking a few minutes to share your experience. Your voice helps us measure what matters and continue delivering research-based education that makes a difference.

Together, we can tell the story of Extension's impact—one experience at a time.

Some research has also observed brief increases in workplace injuries, car crashes, and heart-related events in the days following the springtime change, likely due to sleep loss and circadian misalignment.

Mental Health Effects

Sleep and mental health are closely connected. Even small reductions in sleep can affect:

- Mood and irritability
- Focus and productivity
- Stress levels
- Symptoms of anxiety or depression

Daylight Saving Time and Your Health: What to Know and How to Adjust Cont'd

For children and teens, disrupted sleep schedules may also impact behavior and school performance.

Tips to Minimize the Impact

- *Start shifting early.*
 - Move bedtime and wake time 10–15 minutes earlier for several days before the change.
- *Prioritize sleep routines.*
 - Keep consistent sleep and wake times, even on weekends.
- *Get morning sunlight.*
 - Natural light helps reset the body's internal clock.
- *Limit evening screen time.*
 - Blue light from phones and tablets can delay sleep.
- *Watch caffeine intake.*
 - Avoid caffeine late in the day while your body adjusts.
- *Be patient with yourself.*
 - Most people fully adjust within about a week.

With a few proactive steps, families can ease the transition and protect both physical and mental well-being during the springtime change.

National Celebration Days For March!

National Plant a Flower Day (March 12)

National Plant a Flower Day, observed each year on March 12, is the perfect reminder that spring is just around the corner. Whether you have acres of garden space or a single container on the porch, planting flowers is a simple way to boost mood, beautify your surroundings, and support pollinators.

Why Plant Flowers?

Planting flowers offers more than visual appeal. Benefits include:

- Supporting bees and butterflies
- Encouraging outdoor physical activity
- Reducing stress and improving mood
- Teaching youth responsibility and patience
- Gardening activities have been shown to support both mental wellness and physical activity across all ages.

Ways to Participate

- Start seeds indoors.

March is a great time in Kansas to begin seeds such as marigolds, zinnias, and sunflowers indoors.

- Plant a pollinator patch.

Choose nectar-rich flowers like coneflowers, black-eyed Susans, and native wildflowers.

- Create container gardens.

Small spaces can still bloom with pots on patios or windowsills.

- Involve youth.

Let children choose and plant their own flowers to build ownership and excitement.

- Share the joy.

Consider planting flowers at a community space, church, or neighbor's home.

Even one small planting can help welcome spring and brighten your community.

Walk in the Park Day: A Simple Way to Move More

National Walk in the Park Day, celebrated March 30 each year, encourages people of all ages to enjoy the outdoors through one of the easiest forms of physical activity: walking.

Why Walking Matters

Regular walking can:

- Improve heart health
- Boost mood and reduce stress
- Support healthy weight management
- Strengthen muscles and bones
- Improve sleep quality

Best of all, walking requires no special equipment and can be adapted for nearly any fitness level.

Family-Friendly Ways to Celebrate

- Make it a scavenger hunt.

Create a list of things to find in the park—birds, shapes, or colors.

- Try a photo walk.

Challenge family members to capture the best nature photo.

- Pack a healthy picnic.

Combine movement with nutritious snacks.

- Invite friends or neighbors.

Walking together builds both physical and social wellness.

- Track your steps.

Use a simple step counter to set a family goal.

Local Tip

Explore parks in McPherson County and nearby communities. Even short walks add up and help families build lifelong healthy habits.

National Drug and Alcohol Facts Week: Knowledge Is Prevention

National Drug and Alcohol Facts Week (NDAFW), observed each spring, is a national health observance designed to provide young people and communities with accurate, science-based information about substance use and its effects. The program was created to counter myths and help people make informed, healthy choices.

Why This Week Matters

Misinformation about drugs and alcohol remains common. Providing factual information helps:

- Delay or prevent youth substance use
- Support informed decision-making
- Encourage healthy coping strategies
- Reduce stigma around seeking help

Open, age-appropriate conversations between adults and youth are one of the most effective prevention tools.

Warning Signs to Watch For

While every situation is different, potential concerns may include:

- Sudden behavior changes
- Declining school or work performance
- Withdrawal from family or friends
- Changes in sleep or appetite

Where to Get Help

If you or someone you know needs support:

- SAMHSA National Helpline: 1-800-662-HELP (4357) — free, confidential, 24/7
- Local healthcare providers
- School counselors
- Community mental health centers

Seeking help early can make a significant difference. Prevention, education, and supportive conversations remain key tools in building healthy communities.

Spring Break Staycation: Fun Activities Close to Home

Not traveling for spring break this year? A staycation can still be memorable, affordable, and full of family connection. With a little planning, families can create meaningful experiences right at home.

Why Choose a Staycation?

Staying local can:

- Reduce travel costs
- Lower stress
- Allow flexible scheduling
- Support local businesses and parks
- Provide quality family time



Photo Source: Canva

Staycation Ideas for Families

Backyard camping.

- Set up a tent, make s'mores, and enjoy a night under the stars.

Kitchen challenge day.

- Let youth plan and help cook a new healthy recipe.

Local adventure day.

- Visit nearby parks, museums, or walking trails.

Family service project.

- Volunteer, clean up a park, or help a neighbor.

Creative arts day.

- Try painting, building, or crafting together.

DIY movie marathon.

- Create tickets, make popcorn, and vote on films.

Make It Special:

Create a simple staycation schedule, let each family member choose an activity, and unplug from devices when possible. Often, the most meaningful memories come from simple shared experiences.

Spring break does not require travel to be refreshing, it simply requires intention, creativity, and time together.

Upcoming Events



Wednesday, March 4, 2026 at noon to 1 p.m.

K-State Garden Hour Webinar: Naturalistic Landscape Design Style--Kansas Perspectives and Flexible Approaches for Every Garden:

Learn how Kansans perceive and implement a naturalistic landscape design style. Join Dr. Cheryl Boyer, Horticulture Extension Specialist, as she highlights flexible approaches to blending native and modern plants, applying landscape design principles that work for any size garden. Gain inspiration and actionable ideas for overcoming the common challenges of creating resilient, beautiful, naturalistic landscapes.

Wednesday, April 1, 2026 at noon to 1 p.m.

K-State Garden Hour Webinar: April Showers, Rain Garden Flowers:

The month of April brings spring showers to Kansas, however water availability becomes scarce as the season progresses, making water management especially important. Join Markis Hill, Johnson County Horticulture Agent, to discover how to best utilize rain when it arrives, while also saving some for when the rain disappears. Learn about rain gardens, bioswales, rain barrels and more to help conserve water this growing season.

First Friday e-Call 

Join us March 6, 2026 | 9:30 a.m.

CONOR ADLER
NXTUS, ACCELERATE VENTURE PARTNERS

Gamechangers & Champions 2026 Pitch Competition

Register at k-state.edu/first-friday

KANSAS STATE UNIVERSITY
Extension

Remote Work Wednesdays
Exploring the opportunities and challenges
of remote and hybrid work.



Second Wednesdays at Noon
KANSAS STATE UNIVERSITY

Wednesday, March 11, 2026 12pm to 1pm

- Wednesday, April 8, 2026 12pm to 1pm
- Wednesday, May 13, 2026 12pm to 1pm
- Wednesday, June 10, 2026 12pm to 1pm
- Wednesday, July 8, 2026 12pm to 1pm
- Wednesday, August 12, 2026 12pm to 1pm
- Wednesday, September 9, 2026 12pm to 1pm
- Wednesday, October 14, 2026 12pm to 1pm
- Wednesday, November 11, 2026 12pm to 1pm

Teach & Taste

Spanakopita

(spah-nah-KO-pee-tuh)

<https://tinyurl.com/Spanakopita26>



March 11, 2026

6:30 PM

McPherson County Extension Office

600 West Woodside, McPherson, KS 67460

X Did You Know?

Spanakopita's name origin comes from the Greek words spanaki (spinach) and pita (pie).



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.



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

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

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!



<http://eepurl.com/iicSFn>



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RETURN SERVICE REQUESTED

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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