

# McPherson County

K-STATE RESEARCH AND EXTENSION NEWS

May 2025



Photo Credit: Lauralee Myers, KSRE  
McPherson County

## N/A, 4-H Youth Development, County Agent

### May 2025

5/1-Add/Drop Enrollment Deadline

- Livestock IDs DUE, including bucket calves
- State Nominations DUE for market steers
- Horse ID's DUE

5/9-OFFICE CLOSED-All School's Day

5/14-Fairboard Meeting @ 7:00 PM

5/26-OFFICE CLOSED-Happy Memorial Day!

### JUNE:

6/1-Rabbit ID's DUE to Extension Office

6/12-4-H Council @ 7:00 PM

6/15-State Nomination Deadline for Marker Swine, Market Sheep, Meat Goats and Commercial Heifers/Ewes/Gilts

**Have project news or reports of fun 4-H happenings? Please email [Lhelm@ksu.edu](mailto:Lhelm@ksu.edu) or bring in any articles to Lauralee at the Extension Office by May 26th to get them into the Newsletter.**

### Social Committee Event

The 4-H Council Social Committee invites you to an afternoon of fun!

- **What:** Bowling
- **Where:** Starlite Lanes Bowling Alley - McPherson
- **When:** Saturday, May 31
- **Time:** 2-4 pm
- **Cost:** FREE! Shoes and lane fees will be paid. Priority will be given to Cloverbuds and Youth 4-H Members.

*Snacks and drinks are available to purchase at your own expense.*

### McPherson County Fair in Canton

July 16-19, 2025

(note date change from last newsletter)

### McPherson County 4-H Fair in McPherson

July 25-28, 2025

### 4-H Council

Just a reminder that the next 4-H Council meeting will be June 12 at 7 PM at the Extension Office. **NOTE THIS DATE CHANGE DUE TO DISCOVERY DAYS!** Have you talked with your club about the last meeting?! If you are an officer are you prepared for the upcoming meeting? See you in June!



### Kansas 4-H Discovery Days Registration Open

The 2025 Kansas 4-H Discovery Days Registration is now open. It is very important for youth that are registering, to review the Session Listing so they are prepared to make their selections when registering. All the information and the link can be found on our Kansas 4-H Discovery Days webpage.

Youth 13-18 years of age are eligible to attend. We require that each extension unit with youth attending, have a registered volunteer or staff member chaperone their youth (*unless special arrangements are made and communicated*).

Discovery Days will be held on Kansas State University Campus. It starts after lunch on June 4th and will end at noon on June 6th.

Our theme for the 2025 Discovery Days is "Building a Mindset for Leadership".

**Registration will close on May 5th!**

### REMINDER

Members that are wanting to show animals for the KJLS or State Fair need to have their online information as well as DNA hair samples mailed off by **June 15**. (*Market Beef were due May 1st*).

*Remember this process has changed and families are required to pre-purchase the DNA envelopes from the State Office.*



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

May is always one of my favorite months of the year. May brings warmer temperatures and a new season in the field of agriculture. Everyone, including both town people and our rural community members have different projects that need to be started here in May. Everyone is excited to schedule outside jobs and all that comes with it. Gardens are being planted, flowers are being selected and the joy of mowing grass is favorable again. New landscape projects can be seen down every street in town. Life on the farm switches into high gear, as winter is long gone.

The color green can be seen in every direction. Livestock producers are busy tending fences, working cattle, hauling cows to pasture and preparing for the upcoming breeding season. Our farmers have already been out in the fields scouting wheat and alfalfa fields for insects and diseases, planting corn and getting their ground ready to plant soybeans and sorghum. Summer is just around the corner.

In our small rural community, one can easily get caught up in all the season ending school events that come to a close. May is the time for graduation parties, end of school events and so much more. The sight of baseball field lights will soon glow in the night sky when traveling from town to town around the county. Summer camps, county fairs and other activities are also right around the corner. One can start to see neighbors firing up their grills, grabbing their tongs and reaching for mouth-watering real beef burgers to create memories with family and friends.

Here at the Extension office, the month of May also brings a fresh set of questions to be answered. May is the time for information to be delivered, dates to be set for tours and extension programs. The McPherson County Extension office is looking forward to getting the opportunity to meet with friends out in the community at our different events. I want to remind everyone of all the services we provide here at the office of K-State Research and Extension. We offer many diagnostic tests one can get done for your home or farm. We do rent out our soil probe and can send samples on for soil testing. We offer insect identification along with plant and weed identification and plant disease diagnostic. The Extension office can send samples off for water analysis and grain germination and analysis. In addition, we can get the analysis of hay and other forages for nitrates, protein levels and/or moisture along with the rental of a hay probe, drill and generator. We now have a vaccine cooler to help aid livestock stock producers to ensure their vaccines stay at the right temperature during the day when working cattle or other livestock. We also have Radon kits for sale for \$10.00 along with a Neutroleum Alpha agent that helps get rid of bad odors. We also have daily and weekly rental of a live trap. Call or stop by the office and let us help you with any of your life questions.

*-Shad*

## May Garden Calendar

### Vegetables and Fruits

- Plant tomato, pepper, and eggplant transplants in early May
- Seed sweet corn, cucumbers, squash, beans, and other warm season vegetables
- Lightly cultivate soil with a hoe to control weed growth
- Mound soil around potato plants to encourage tuber formation
- Harvest fresh asparagus until the spear size decreases
- Remove rhubarb seed stalks to encourage leaf growth
- Plant kitchen herbs for summer use in dishes or food preservation
- Treat fruit trees with needed pesticides to control insects and disease
- Thin heavy fruit set on apples to increase fruit size and next year's crop

### Flowers

- Plant annual flowers for summer color
- Continue to plant and divide perennials
- Mulch perennial and annual gardens for weed control and moisture retention
- Begin pinching chrysanthemums for bushier plants
- Do not remove foliage from spring bulbs until it dies down naturally, this develops stronger blooms for next year
- Plant container gardens and hanging baskets using a good quality potting mix
- Keep a garden journal for permanent reference

### Lawns

- Reduce thatch layers from zoysia by verticutting or core aerating
- Sod or sprig zoysia lawns to fill in bare areas
- Fertilize zoysia lawns with high nitrogen to promote green up and summer growth
- Mow zoysia at 1 to 2 inches tall
- Apply slow release nitrogen fertilizer to bluegrass and tall fescue to promote summer growth if watering during the summer. Lower maintenance lawns skip this application
- Mow bluegrass and tall fescue at 3 inches
- Spot treat broadleaf weeds
- Withhold early summer watering until needed to promote more drought tolerant lawns

# May Garden Calendar (cont'd)

## Trees and Shrubs

- Plant new trees and shrubs
- Prune spring flowering shrubs after bloom to shape plant and encourage flowers next year
- Mulch around young trees and shrubs to conserve moisture and control weed growth
- Water young ornamentals as needed
- Remove tree wraps for summer growth
- Remove tree stakes that have been in place more than one growing season
- Fertilize trees to help increase growth rates
- Caution, use line trimmers around trees and shrubs so as not to damage tender bark

## Houseplants

- Move plants outdoors for summer by gradually increasing the exposure to sunlight
- Fertilize plants to promote summer development
- Rotate plants to develop a well-rounded plant
- Wash dusty leaves in the shower under room temperature water
- Four to six inch cuttings are a great way to start new plants, root in potting mix under low light
- Repot plants into a one inch larger pot
- Check for insects



Hoya Hindu Rope, Variegated  
Photo Source: Lauralee Myers

## Farming News

### Farmers may get summer break on diesel prices, says K-State economist by Gregg Ibendahl

Lower prices for oil are an early indication of direction for diesel.

A year-over-year drop in oil prices is a sign that farmers may get a modest break in the price they will pay for diesel fuel this summer, says Kansas State University agricultural economist Gregg Ibendahl.

“Last year about this time, oil prices were in the \$70 range, but have since declined and now are in the \$60 range,” Ibendahl said. “That’s a good sign that diesel prices may be more moderate this year, compared to last year.”

Ibendahl notes that diesel is one of farmers’ major expense categories, since it fuels tractors and combines and other farm equipment. Farmers often buy diesel fuel annually, and store it on-farm for use throughout the year.

“And certainly there are times of the year that you can get a better price than at other times,” Ibendahl said.

This summer, he adds, is one of those times to save money on diesel fuel, indicated by the “softening” of oil prices.

“What we’ve seen the last two years is that the price premium for diesel kind of peaks in the winter time, and then it tends to go away or become very small closer to summertime,” Ibendahl said. “Once the summer midpoint has been reached, it starts to go back up again.

“So, that’s why I’m really seeing diesel prices probably declining between now and summertime.”

Ibendahl said a summer decline in the cost of diesel is not solely due to a lower price for oil. Refineries can affect the price of diesel based on their emphasis to provide fuel for gas engines, versus the demand for diesel engines.

“One of the main factors is our refinery capacity in the United States; we are very constrained by our refinery capacity,” he said. “If would be wonderful if we could get a new refinery built in the U.S., or do some expansion. Refineries do have some capability of adjusting from gas to diesel to some degree, but what we generally see in our country is more of an emphasis on meeting the demand for gas.”

Ibendahl said the price premium for gas and diesel can vary widely, sometimes causing diesel prices to rise as much as a full dollar per gallon over gas prices. Other times, the price difference is as low as five or ten cents per gallon.

For now, he says, there’s a good chance that farmers will see a good opportunity this summer to buy at a more affordable price.

“If you buy diesel for the fall harvest in October, when you’re using it, you’re probably going to pay a little higher price than if you buy it in the summertime,” he said. “Storage for diesel fuel, I think, pays for a lot of farmers because it does give you better options to buy when prices are lower.”

He adds: “I don’t think farmers are going to pay more for diesel fuel this summer than they did last year. That’s a positive for farmers and will definitely help their net farm income at the end of the year.”



# **Livestock News**

## **Fly Season by Shad Marston**

The time has arrived to plan for controlling summer fly populations. Adequate fly control programs are multi-faceted, systematic and in addition to directly enhancing cattle performance. Maybe a combination of at least two fly control strategies needs to be used, but one first needs to identify the problem species and the problem area. Stable flies and face flies both breed in manure, so the first step in fly control would be manure management. Without it, few measures will produce good results.

Stable flies take 3 weeks to develop while face flies take two to three weeks to develop depending on temperatures. With that comes the need to clean up our winter-feeding sites. Stable flies are starting to emerge with the start of spring; you might even have seen a few around already!

Stable flies are distinguishable by four black stripes on the thorax, black checkered spots on the abdomen and large, and a protruding mouthpart. These flies are a common pest feeding primarily on cattle and horses but can also target other livestock species, pets (especially dogs) and humans. Both male and female adult flies are blood feeders and their painful bite and feeding causes significant annoyance and blood loss. Stable flies can negatively affect cattle average daily weight gain, milk production and feeding efficiency.

## **Turning out to grass by KSRE**

Green pastures also means vaccination time for the cow calf producer. The months of April and May are traditionally the time when “spring round-ups” take place. This is the time that large and small cow/calf operations schedule the “working” of the calves. As the majority of the calves reach their second month of life, it is time to castrate the male calves (if this has not already been done) and immunize all of the calves to protect them against blackleg.

In some situations, calves may be vaccinated for the respiratory diseases, i.e. IBR and BVD. Check with your large animal veterinarian about these immunizations.

The Beef Quality Assurance guidelines include the use of clean syringes and needles for any type of injection to reduce the risk of contamination or infection at the injection site. Correct administration of any injection is a critical control point in beef production and animal health. There is a negative relationship between meat tenderness and injection sites, including injection sites that have no visible lesion.

Stable fly control is best achieved by the cleanup of our animal pens & winter-feeding areas. Stable flies require a moist mixture of soil and organic matter between 4 and 12 inches deep in which to lay their eggs. Feeding areas are a great breeding site for stable flies, as the female can lay between 500 to 1,000 eggs in her lifespan. Adult stable flies can be controlled through insecticide application with both pyrethroid and organophosphate products being effective although resistance to both is increasing.

Face flies in the spring, mate shortly after emerging from winter quarters. Females then fly to pastures and seek horses or cattle. They feed on secretions from eyes and nostrils. They then lay their eggs in fresh cow dung. Adult flies can live for 20 to 50 days and are sexually dimorphic, with males and females differing in both appearance and behavior. Males lack the horizontal stripes evident on the thorax of females and have eyes that come close to touching on the top of the head. Although each male may mate up to four times, females mate only once and lay about 100 eggs over the course of their lives. Several generations occur in pastures each summer before the flies seek protection for the winter.

Remember, the importance of cleaning up winter cattle feeding sites as it is a deterrent to cattle fly activity in the summer. Scraping aprons, pens and feeding areas every two weeks or less should greatly reduce fly populations. Producers are encouraged to find some time this spring to clean these areas as it will reduce the breeding grounds for the flies.

In fact, intramuscular (IM) injections, regardless of the product injected, may create permanent damage regardless of the age of the animal at the time of injection. Tenderness is reduced in a three-inch area surrounding the injection site. Moving the injection-site area to the neck stops damage to expensive steak cuts. Therefore, cow/calf producers should make certain that their family members, and other hired labor are sufficiently trained as to the proper location of the injections before the spring calf-working begins.

Give injections according to label instructions. Subcutaneous (SQ) means under the skin, intramuscular (IM) means in the muscle. Some vaccines (according to the label instructions) allow the choice between intramuscular (IM) and subcutaneous (SQ). Always use subcutaneous (SQ) as the method of administration when permitted by the product’s label. Remember to “tent” the skin for SQ injections unless instructed otherwise by the manufacturer. Proper injection technique is just one of many components of the Beef Quality Assurance effort that has had a positive impact on the entire United States beef industry.

Another important aspect of the Beef Quality Assurance effort is keeping of accurate treatment records.



## **Turning out to grass by KSRE (cont'd).**

Treatment records should include:

- Individual animal/group identification
- Date treated
- Product administered and manufacturer's lot/serial number
- Dosage used
- Route and location of administration
- Earliest date animal(s) will have cleared withdrawal period
- Name of person administering the product

Treatment records for cattle should be stored and kept for a minimum of three years after the animal(s) have been sold from your operation.

Beef producers are encouraged to learn and practice Beef Quality Assurance Guidelines.

## **Have your Breeding Bulls Tested For Trich**

Trichomoniasis ("trich") is a reproductive disease that results in early pregnancy loss and open cows. The first thing a producer might notice are cows returning to heat when they should be pregnant.

## **Pet News**

As the weather gets warmer, the risk of heartworm transmission to pets increases, according to a Kansas State University veterinarians and KSRE.

KSRE reminds all pet owners to Think 12: Administer heartworm preventives 12 times a year and test pets for heartworm every 12 months.

Here are some facts to help pet owners understand more about heartworm disease and how to keep their pets safe:

- Heartworm disease is a potentially deadly disease for pets and is spread by mosquitoes.

Heartworm disease is spread to pets by the bite of a mosquito that is carrying the microscopic infective larval stage, called L3. It takes around six months for the L3 to develop into adult heartworms. Adult heartworms live in the heart and main arteries and they can grow up to 12 inches in length.

- Dogs are the most common host for heartworm disease.

Heartworm disease in dogs often can cause long-term damage to the heart, lungs and arteries and can affect their health and quality of life well after the parasites are gone.

- Cats also can be infected with heartworm disease.

Although Cats are not a preferred host for heartworms they can still have problems.



Photo Source: Canva

You can learn more about the Beef Quality Assurance program by going to the website: <https://www.bqa.org/>

The Beef Quality Assurance Manual can be downloaded from that site. Examples of treatment records to be kept and stored are available from the Beef Quality Assurance Manual in Section VIII.

This sexually-transmitted disease is caused by protozoa that live in the reproductive tract of cows and sheath of bulls and occurs most often when stockmen use untested bulls, purchase open cows with unknown background, or when cattle herds co-mingle during breeding season. Bulls should be tested before every breeding season.

- Heartworm disease can be found across the United States.

The American Heartworm Society reports that more than 1 million dogs currently have heartworm disease. and has been diagnosed in all 50 states.

- Preventives and treatments are available.

There are many preventives to help keep your dog or cat from contracting heartworm disease, and puppies and kittens should be started on heartworm preventive no later than 8 weeks of age. Keep up to date with your local vet because prevention is your best bet.



Photo Source: Canva

# Upcoming Events



## **K-State Research and Extension McPherson County Annual Wheat Plot Tour: Friday, May 16, 2025**

- 9:00 AM: Patrick Plot
- 11:30 AM: Lunch sponsored by MKC
- 1:00 PM: Galle Plot
- 3:00PM: Schroeder Plot

*Drinks Provided by Kansas Wheat Alliance*



### **Special Guests:**

- Tina Sullivan, Asst. Professor, NE Research Extension Center
- Allan Fritz, KSU Agronomist, Wheat Breeder
- Romulo Lollato, Asst. Professor, Extension Specialist, Wheat and Forages
- Dr. Kelsey Andersen Onofre, Asst. Professor, Plant Pathology

**Join us Wednesday, June 4, 2025 for Farm Safety Day!**

**Farm Safety Day is a fun-filled day of learning and hands on experience! Each participant will receive a free t-shirt, free lunch and refreshments throughout the day.**

**Limited Spaces Available.**

### **Topics Cover:**

- Farm Safety/Lawn Mower
- Drone
- Mock Rescue
- PTO & Tractor
- Fire, EMS, Police & Sheriff
- Leadership
- Animal Safety
- And More!



**Register online at <https://tinyurl.com/FSDC2025>**



The McPherson County Farmer's Market this year will start June 7th. Tell all your neighbors and friends and check us out on Facebook at McPherson County Farmer's Market to get all the details.

Every Saturday morning from June 7th thru Oct, the Farmer's Market will be open from 8:00 am till noon right here on the 4H fairground 710 W. Woodside.

Come get your local produce, eggs, baked goods, honey, nuts, meats, flowers, specialty items and so much more. There will also be knife sharpening at the Market each Saturday.

**<https://www.facebook.com/mcphersoncountyfarmersmarket>**





## **Building A Disaster Readiness Kit**

In the aftermath of an emergency, you might find yourself needing to rely on your own resources for several days. Being prepared entails having enough food, water, and other essential supplies to sustain you during this time.

A disaster supplies kit is an assortment of essential items that your household might require during an emergency. Some basic supplies that would be recommended when assembling your kit are:

- Water
- Non-Perishable Food
- First Aid Kit
- Wrench or Pliers



Photo Source: Canva

Consider these additional supplies:

- Soap
- Prescription Medications
- Feminine Hygiene Supplies
- Books, games or puzzles

Remember, maintaining your kit is important. Re-thinking needs each year and replacing expired items will help keep the kit useful. You can also store additional kits at work or in your car.

Download a printable version to bring along to the store. After reviewing the essential items, think about any specific needs your family may have, such as supplies for pets or senior members.

Discover all this and more at <https://www.ready.gov/kit>

## **Food Allergy Awareness Week is May 11-17**

by Karen Blakeslee

Chances are you know someone who has food allergies, including yourself. In fact, 53% of Americans have either a food allergy, food intolerance, and/or food sensitivity. This is significant and cannot be ignored.

The top nine food allergens, that are required to be declared on food packaging, include milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish, and sesame. Nuts, seafood and shellfish are the most frequently reported food allergens. With these, specific species must be declared. For example, tree nuts must be declared as almonds, pecans, walnuts, etc. The same is true for the seafood and shellfish.

Accurate food labels are critically important. In a survey conducted by the International Food Information Council (IFIC), it found 67% of those surveyed said they trusted allergen labeling. The nine major food allergens must be declared within the ingredient statement or separately below the ingredient statement.

Some food manufacturers voluntarily add a “May Contain” statement. This is done because they may not be able to completely eliminate a food allergen during manufacturing.

Food Allergy Awareness Week, sponsored by the Food Allergy Research and Education organization, is emphasizing workplace education to help bring awareness to this important health issue.

Learn more about food allergens and management from the IFIC Food Allergens Toolkit.

## **What are Microplastics?**

by Karen Blakeslee

You may see news stories about the large amount of plastic waste in the ocean, lakes and streams. This plastic waste is visible and can have a negative environmental impact. But it is what you cannot see that can also be a problem, and that’s microplastics.

Microplastics are less than 5 millimeters in size, about the size of a pencil eraser, and can be divided into two types.

The first type is small pieces, such as microbeads in personal care products or plastic pellets for manufacturing. The second type is tiny pieces of plastic that break or degrade off of large plastic items that are not disposed of properly.

According to the U.S. Food and Drug Administration, current scientific evidence does not indicate that levels of microplastics in foods pose a risk to human health. There are no standardized methods to detect, quantify, or characterize microplastics in foods.

But you can still do your part to take small simple steps to reduce plastic waste and usage. Here are some ideas from PennState Extension:

- Use refillable water bottles made of stainless steel
- Use reusable food containers.
- Bring your own bags when shopping.
- When using single-use plastics, such as plastic water bottles, recycle them properly.

Share practices that work for you!



# Replacing Artificial Food Dyes in Foods

by Karen Blakeslee

A recent ban to phase out Red dye No. 3 has now expanded to other artificial food colors. So which food colors are being eliminated and where are they used? These are typically found in candy, soda, baked goods, cereals, and also some vitamins and medications. In a report from Virginia Tech, here is the target list, some food examples, and possible natural options.

- **Blue 1 and Blue 2**
  - Blue 1 is found in products such as Cool Blue Gatorade, M&M's and Baja Blast Mountain Dew. Blue 2 is also found in M&M's and cereals such as Boo Berry.
  - Natural alternatives include extracts from blue-green algae, butterfly pea flowers, or gardenias.
- **Red 40**
  - Red 40 is found in products such as M&M's, cherry Jello-O, and strawberry Yoo-hoo.
  - Natural alternatives include juices and extracts from beets, red cabbage, hibiscus, red grapes, tomatoes, pomegranates, and sweet potatoes or with carmine from choccineal insects.



Photo Source: Canva

## Walk 56 in 56

Walk 56 in 56 (Walk Kansas) kicked off its' 25th year on March 30, 2025. We are headed into the home stretch and keep walking towards a healthier you. Walk Kansas 2025 will cross the finish line on May 24, 2025. Then it's time to go to our Facebook page and post your team and individual success.



- **Yellow 5 and Yellow 6**
  - Yellow 5 is found in products such as M&M's, Baja Blast Mountain Dew, Sunny D and Doritos. Yellow 6 is found in M&M's, Sunny D, Jolly Ranchers, Doritos, and Cheetos.
  - Natural alternatives include extracts from annatto, turmeric, paprika, caramel, carrot, pumpkin, or carotene.
- **Green 3**
  - Green 3 is found in products such as lime sherbet and canned vegetables.
  - Natural alternatives include blue and yellow natural dyes.
- **Citrus Red 2 and Orange B**
  - Citrus Red 2 is applied to the rind of navel oranges.
  - Orange B makes hot dog casings and sausages look more appealing.
  - There may not be a natural alternative for these.

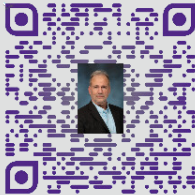
There will be many challenges for food manufacturers to make these changes. Natural dyes are expensive and consumer acceptability is important. Natural colors don't react well to heat or acidity. These changes will take time, but the initial goal is to phase out these colors by the end of 2026.



### Stay Connected with Community Events & Resources!

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!

Add events by visiting:  
<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>



<http://eepurl.com/iicSFn>

# Upcoming Events

## First Friday E-Calls

Friday, May 2, 2025 at 9:30 a.m. to 10:30 a.m.

Regional Food Business Center and Rural Grocery Initiative (RGI)

Presenter: Jenny Doty and Quinlan Carttar, Heartland Regional Food Business Center and Rural Grocery Initiative

Friday, June 6, 2025 at 9:30 a.m. to 10:30 a.m.

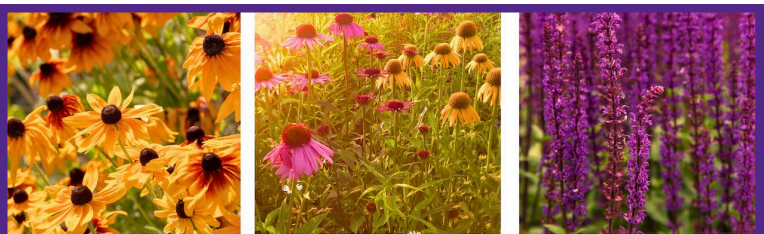
All Things Kansas

Presenter: Jessica Gnad, Director, K-State 105 shows the All Things Kansas

Register here: <https://www.ksre.k-state.edu/program-areas/supporting-communities/first-friday-ecalls/>



Resources for small businesses  
and the towns that love them




### K-STATE GARDEN HOUR


#### Heat Loving Perennials for Kansas

Wednesday, May 7th 12:00PM - 1:00PM CST

Hosted by K-State Research and Extension



Register here: <https://kstate.ag/42erpmU>




## T.A.C.O.L.

The Associated Churches of Lindsborg

May 13, 2025  
6:30 PM

Covenant Church  
102 S. Washington, Lindsborg



## Teach & Taste


GOURMET GRILLED CHEESE

May 14, 2025 **Class is ALWAYS Free and Hands-On!**

6:30 PM

McPherson County Extension Office  
600 West Woodside  
McPherson, KS 67460

Register by scanning the QR code or visit:  
<https://tinyurl.com/GrilledCheeseGourmet>



### Remote Work Wednesdays

Working Effectively With Remote Clients



Join Us May 14, 2025  
Noon - 1:00pm

Register Today  
<https://ksre-learn.com/remote-work>

Laura Renfro  
Renfro Consulting




These CLASSES ARE FREE, No Registration Required

What's Trending in the Nutrition World

Monday, May 19th  
9:30 AM

McPherson County Senior Center  
112 E Euclid St, McPherson, KS 67460



### Age Wise Nutrition



## K-STATE

Research and Extension



## Cooking for One or Two

Cooking for one or two people is more than preparing meals; it is an opportunity to focus on your health, make time for yourself, or to create an opportunity to have a meaningful conversation with someone else. Use your time in the kitchen to get creative, learn new ways to cook, and identify foods and flavors that you love. Learning to reduce recipes, repurpose key ingredients, and freeze future meals can help transform your current challenges in the kitchen into an activity that you enjoy!

### Why is preparing meals at home important?

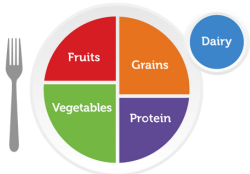
It can be tempting to skip meals, snack on convenience foods, or go out to eat regularly rather than cook for one or two people. However, preparing meals at home can not only help save money, but it can also improve your health. Planning, preparing, and consuming balanced meals at home can help maintain weight, control chronic illness, and meet daily nutritional needs.

### How do I get started?

Start with the basics! Preparing meals at home does not need to be stressful. Think of the foods in the various food groups that you love and the recipes that you already enjoy preparing. Start small with your goals and make gradual changes to avoid feeling overwhelmed. Plan ahead and look for basic, low-stress recipes. When looking for new recipes, look for recipes that either prepare the number of servings that you can consume within 3 to 4 days or for recipes that may freeze well. Also look for recipes using the ingredients you already have on hand or that can allow you to use leftovers such as ground beef, cooked pasta, or chicken. Once you get started, don't forget to take time to enjoy the meals you prepare!

A great place to start is with MyPlate. Before you plan a meal, picture your plate.

Following MyPlate and incorporating a variety of colors of fruits and vegetables into your diet can help provide the nutrients your body needs to stay healthy.



You can learn more about MyPlate at [MyPlate.gov](https://www.mypyplate.gov).

Basic steps to improve the nutritional value of your meals include:

- Fill  $\frac{1}{4}$  of the plate with whole grains (wild rice, quinoa, whole-wheat paste)
- Fill  $\frac{1}{2}$  the plate with vegetables (go for a variety and color-kale, squash, carrots, broccoli)
- Add one piece of fruit and/or yogurt

**Change the definition of a meal.** I doesn't have to be fancy; it just has to come close to your nutrition goals. Ideas include a grilled cheese and tomato sandwich on whole-wheat bread, with a piece of fruit; an egg atop whole-grain toast, with yogurt and fruit; or a whole-grain waffle with a little peanut butter, along with fruit and a small glass of milk.

**Blend convenience foods with fresh foods.** Take low-sodium soup stock and throw in some frozen vegetables; or buy a rotisserie chicken and then use it several ways - in soup, sandwiches, or a salad.

**Batch-cook once or twice a month.** Make a big "batch" of lasagna, soup, stew, or casserole; divide it into numerous servings; freeze them for later use.



### Sources:

- [https://bookstore.ksre.ksu.edu/download/cooking-for-one-or-two-fact-sheet\\_MF3659](https://bookstore.ksre.ksu.edu/download/cooking-for-one-or-two-fact-sheet_MF3659)
- Harvard Medical School: Making Sense of Vitamins and Minerals







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## RETURN SERVICE REQUESTED

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7:40 AM-98.9 FM KMCP  
7:40 AM-95.5 FM KLBG  
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