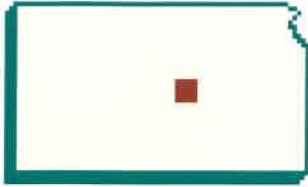


McPherson County



K-State Research & Extension
600 West Woodside, McPherson KS 67460
620-241-1523 FAX 620-241-3407

www.mcpherson.ksu.edu

MAY 2022



Ag News

Shad Marston
County Extension Agent
Agriculture and Natural Resources



April showers bring May Flowers; well, that's how it's supposed to go. May is here and with that warmer weather with lot of new chores that come to mind, in the field of Agriculture. Spring crops are being planted, cows and calves are going to grass along with gardens and landscaping being planned. School will soon be out, and summer will be here before we know it. There are lots of activities being planned right here in McPherson County at the Extension office, from our annual county Wheat Plot tour, hosting of the McPherson County Spring Livestock shows and Farmers Market, to our Farm Safety Day Camp and all things 4-H. Now is the time to join the fun, learn something new and meeting new and old friends. We invite you to check out the different activities and opportunities we have planned for you and your family members to participate in. Don't forget all the questions we can answer for you here at K-State Research and Extension that might come up in your daily routine. We have many valuable services that can help you in the direction of water quality, fertility of soil and management of your operation.

K-State Research & Extension Annual Wheat Plot Tour

Friday, May 20

- 10:00 am Patrick Plot
Marquette on Highway 4
- 12:00 pm Lunch (free BBQ meal, sponsored by MKC will be held at Black Kettle Park, Moundridge)
- 1:00 pm Galle Plot
1/4 North of Cheyenne and 23rd Avenue
Moundridge
- 3:00 pm Schroeder Plot
4th and Cheyenne Road, Inman

- ^ Romulo Lollato
Asst. Professor, Extension Specialist, Wheat & Forages
- ^ Kelsey Andersen Onofre
Asst. Professor, Plant Pathology
- ^ Allan Fritz
Professor, Wheat Breeding

Farm Safety Day Camp

Tuesday, June 7, 2022

McPherson 4-H Fair Grounds

Ages 8-12 years old

8:30-8:45 Sign In at 4-H Building

2:45-3:00 Leave for Home

Registration forms at the
Extension Office
600 W. Woodside,
McPherson.
Call 620-241-1523.



*** Please bring bag chairs and water bottle ***

Deadline to register: Friday, May 27

Limited to first 80 kids!!!

Sponsored by McPherson County Farm Bureau, McPherson County Junior Leaders and Mid Kansas Coop in cooperation with K-State Research & Extension

Poultry Owners Must Remain Aware of Avian Influenza



Since more small flocks and commercial farms have suffered from avian influenza. Now is the time to keep biosecurity as strong as possible. The biggest risk still seems to be migrating waterfowl, so keep distance between your flock and birds that congregate near your birds from things like farm ponds and fields where waterfowl are resting and feeding. Remember to be a good neighbor and keep distance between operation and other farms and commercial flocks. An important biosecurity rule is that things sometimes happen, so plan for it, and try to keep the spread to a minimum. As a reminder, symptoms of avian influenza in poultry include unexplained death that may occur quickly, swelling of combs and wattles, open mouth breathing that looks like they are trying to swallow air, swelling of legs, swelling around the eyelids and face, and purple coloration in any of parts of the head. If you encounter birds that have all of these symptoms, you should report the incidence to KDA's Division of Animal Health at 833-765-2006.

Control of Later-Emerging Kochia in Wheat or Wheat Stubble

Getting kochia under control in any cropping system that includes wheat begins with the wheat crop during the spring, and shortly after wheat harvest. This is not always easy, even if early spring herbicide applications for kochia control were made.

Huskie is a combination of a Group 27 herbicide (pyrasulfotole) with a Group 6 herbicide (bromoxynil). It is effective on emerged kochia and can be applied up to flag leaf emergence in wheat. Talinor (bicyclopyrone + bromoxynil) is a similar product that can be used to control kochia. Both of these products should be applied with adjuvants as directed on the labels.

Control in wheat stubble after harvest

If kochia has not been completely controlled in the wheat crop, then it may be present at the time wheat is harvested. In most cases, the kochia plants will get "topped" by the combine as the wheat is harvested. If kochia has been topped, producers should wait until some regrowth has occurred before applying herbicides in the wheat stubble to control it.

A combination of glyphosate plus either dicamba or fluroxypyr may be the most effective treatments to control kochia in wheat stubble. Even if kochia populations are resistant to glyphosate, the tank-mix combinations with dicamba or fluroxypyr will probably provide good control, as long as the kochia aren't too big, too stressed, or resistant to dicamba and/or fluroxypyr. Some 2,4-D can be added to the mixture to help with control of other broadleaf weeds, although 2,4-D generally will not help much in controlling kochia. Dicamba or fluroxypyr tanked mixed with a pound of atrazine and 2 oz of saflufenacil (Sharpen) have provided excellent control of kochia following harvest. However, only corn or sorghum may be planted the following spring if atrazine is used.

Paraquat (Gramoxone, others) can also be used to control kochia after wheat harvest. Paraquat activity will be increased if applied with a Group 5 herbicide like atrazine. Metribuzin (Dimetric, others) can be used instead of atrazine if soybeans will be planted the following spring. Wheat can be planted 4 months after a metribuzin application. Paraquat is a contact herbicide that requires thorough coverage, which can be achieved by selecting nozzles to apply medium- to coarse-sized droplets and using spray volumes of 15 to 20 gallons per acre.

To improve kochia control after wheat harvest, apply the postharvest treatments in the morning hours or after the field has received some moisture, not when the kochia plants are under maximum stress. If kochia has been severely drought stressed before treatment, waiting a couple days following a good rain may increase control.



*Figure 1. Kochia in wheat stubble.
Photo by Dallas Peterson,
retired K-State Research and Extension*

Later-emerging kochia in wheat

While a majority of kochia emerges early in the spring, emergence can extend over a period of weeks or months. A herbicide applied early in the spring will need to have residual activity to be effective on later-emerging kochia. Group 2 herbicides that contain thifensulfuron (Harmony, others) or tribenuron (Express, others) have good residual activity on kochia, but are ineffective on ALS-resistant kochia. Most kochia populations in Kansas are now ALS-resistant.

Similarly, some kochia populations are resistant to Group 4 herbicides, specifically dicamba and fluroxypyr (Starane, others). If sensitive populations are targeted for control, dicamba must be applied before the jointing stage of wheat and fluroxypyr can be applied through flag leaf emergence. Pixxaro (halauxifen + fluroxypyr) is a combination of two Group 4 herbicides and can be applied up to flag leaf emergence. No kochia populations resistant to halauxifen (Elevore) have been reported in Kansas, however halauxifen is generally less effective on kochia than fluroxypyr.

Wheat Disease Update

Wheat in the southeast and southcentral part of the state is at or approaching the flag leaf stage of growth and many are wondering about the need for a foliar fungicide.

With dry conditions throughout the state, disease pressure has been below average in most scouted locations. At the time of publication of this article, there have been no reports of either stripe rust or leaf rust in Kansas. Additionally, there have been reports of low rust pressure in both Oklahoma and Texas. Dry conditions in the region may be suppressing disease development. As a reminder, stripe rust development requires periods of cool, wet weather and periods of time where the canopy is wet. These conditions have only been met recently in parts of eastern Kansas. We will continue to scout for both stripe and leaf rust and report on risk of yield limiting infections.

Additionally, there have been very few reports of wheat streak mosaic virus. We may start to see additional reports of this disease as the weather warms and wheat in western Kansas starts to joint.

If you are seeing wheat streak mosaic virus or other diseases that you are unsure of, please reach out to me and we can help you submit a sample to the K-State diagnostic lab.

Use this link for the sample submission form:

<https://www.plantpath.k-state.edu/extension/diagnostic-lab/documents/DiseaseLabChecksheet.pdf>

Here are guidelines that can help get a good sample to the lab:

- * Fill out the above form (PDF) as completely as possible, including variety.
- * Send a plentiful amount of fresh plant material (including roots). It is best to include the entire plant when possible. Shake off most of the soil.
- * Send a plant sample that is characteristic of the problem (exhibits a range of symptoms).
- * Dig (do not pull) up the plant, so the roots remain intact.
- * Do not add water or wet paper towels to the sample!
- * Seal the plant material in an appropriately sized plastic bag and pack in a crush-proof container.
- * Put the form into a separate plastic bag to keep it dry.

Colored Plastic Mulches May Provide Boost to Garden Crops K-State's Upham says tomatoes favor red

It may seem trivial, but home gardeners who choose to use plastic mulch may want to note the advantages that research has shown for colored mulches over the more traditional black plastic mulch.

Kansas State University horticulture expert Ward Upham said plastic mulches have long been known to provide advantages for the vegetable grower, including earlier fruiting, increased yields and weed control.

Research is showing that some crops do even better when colored plastic mulches are used. For one of Kansas gardener's favorites – tomatoes – the color choice is...red. (Surprise!)

"Though normally there is an increase in production of marketable fruit with red mulch over black mulch, the amount of the increase varies with the type of (weather) we have," Upham said. "There may be no increase during years of near-perfect weather, or up to a 20% increase with less favorable growing conditions. An average expected increase is about 12%."

According to Upham, the steps for applying plastic mulch include:

- Prepare the soil.
- Place a trickle irrigation line near the center of where the mulch will lay. The plastic will prevent rainwater or overhead irrigation from reaching the plants.
- Construct trenches for the outer six inches of the plastic mulch. This allows the center of the bed to be undisturbed with the edges of the mulch draping down into the trench.
- Fill the trenches to cover the edges of the mulch. This will prevent wind from catching and blowing the mulch. If the soil has been tilled, use a hoe to prepare the trenches.

Commercial growers have a mulch-laying machine to apply the trickle irrigation line and mulch in one step. Home gardeners must do this by hand.

Know the Difference Between Ants and Termites

The ants go marching one by one...



Hurrah?



Homeowners may be a little more pleased to know they have ants on their property if their worries are termites. Most people often incorrectly identify flying ants as termites.

Both termites and some ants are able to swarm and may have wings during part of their lives. Since flying ants do not attack wooden structures like termites do, it is helpful to be able to tell the difference between them. Ants have a thin waist, while the waist of a termite is thick. The ant's antennae are elbowed, while the termites are curved. Termites have two pairs of wings of equal length; ants also have two pairs of wings, but they are of unequal length. Use these tips to properly identify these unwanted guest in and around your property.

Wheat Pests

Wheat (and alfalfa) continue to develop slowly throughout much of Kansas. Wheat mites, mostly winter grain and brown wheat mites, are still active throughout the central part of the state, but both species are slowly transitioning into their summer, non-feeding, stage (i.e., mite count in several fields averaged 50-60 winter grain mites per plant on 10 April, but only 7-10 per plant on 20 April). They have been feeding and thus competing with the plants for the little moisture that is present, thus we are often seeing the kind of feeding damage. Hopefully, adequate moisture plus the transition to the mite's non-feeding stage will help these areas recover.

Kansas Master Gardener Program

About the Program

Extension Master Gardener (EMG) is an educational volunteer program sponsored by K-State Research and Extension (KSRE). Donating hours of service in return for horticultural training, Master Gardener volunteers are a vital part of KSRE's ability to provide accurate, up-to-date and research-based information to Kansas stakeholders.

Once trained, Master Gardener volunteers work as part of their local Extension office to provide consumer horticulture education and information in their communities through a variety of activities, such as "hotlines," demonstration gardens, garden shows, public presentations, tours and more.

EMG programs are currently supported in over 60 Kansas counties. In 2020, volunteer service was equivalent to 26 full-time Extension staff positions, worth an estimated \$1.54 million dollars in salary savings.

Join the Program

Master Gardener volunteers are educators passionate about strengthening vibrant local economies and livable communities by empowering individuals and families to cultivate healthy environments and food systems through horticultural practices. Any Kansas citizen with a passion for gardening, life-long learning, and community education can apply for the EMG program.

Volunteer training requirements and expectations vary and are coordinated by each local Extension unit hosting an active EMG program. Training consists of 40 to 50 hours of basic horticulture instruction taught online and in-person by state specialists from Kansas State University, Extension agents, and other subject matter experts and includes a resource notebook. Trained Master Gardener volunteers commit to volunteering 20 to 40 hours annually and attending advanced training opportunities.

1,146 Volunteers

53,981 Volunteer Hours

87,625 Contacts

Online Basic Training

Fall 2022 Schedule

Kansas Extension Master Gardener basic training will be offered online via Zoom*. Sessions will be held weekly September 1 through December 15 on Thursday afternoons from 1:00 to 4:00 pm. Contact us here at the Extension office to learn more.



Clover Corner

Lindsey Muetting
County Extension Agent



K-STATE
Research and Extension



Happy May!!! A special congratulations to all of our Seniors preparing for graduation! As we roll into summer it is time to really focus on learning and completion of your 4-H projects! As we begin to have more and more in person opportunities- I would love to talk with you more if you would be willing to host a project experience county-wide for our 4-H members! It is always great to get together with a larger group to learn!

Summer is going to go FAST! Make sure you read the newsletter carefully and get all of the upcoming dates on your calendar! As always- if you have any questions, ideas or other things to chat about- call or email anytime!

~Lindsey

Get Published!

Please get any information you would like included in the June Clover Corner to Lindsey by May 20. Exciting club happenings, project meetings and accomplishments are needed! Email information to LMuetting@ksu.edu

Development Fund

The Development Fund is to end May 1, but we have not received many donations and response forms from you at this time. Please make sure to wrap this up ASAP and bring your reports and donations into the Extension Office!

4-H Calendar

- | | |
|------|------------------------------------|
| May | |
| 1 | Add/Drop Enrollment Deadline |
| 1 | Livestock Ids Due |
| 12 | Bring Your 4-H Projects to LIFE! |
| 13 | Veggie Garden & 4-H Showcase |
| 30 | Office Closed- Happy Memorial Day! |
| June | |
| 1-3 | 4-H Discovery Days |
| 7 | 4-H Council |
| 9 | Farm Safety Day Camp |



Veggie Garden and 4-H Showcase

We are excited to again offer the Veggie Garden project to any K-5 youth in McPherson County! This program will begin with plant pick-up on May 13 from 1:30-3:30 PM at the 4-H Building. This will also be a Community Youth Event where we will be showcasing 4-H and providing crafts and learning activities to area youth. This is listed in the All Schools Day program as a community offering!

4-H Council

Just a reminder that the next 4-H Council meeting will be June 9 at 7 PM at the Extension Office. **NOTE THIS DATE CHANGE DUE TO DISCOVERY DAYS!** Watch your email for reminders! Have you talked with your club about the last meeting?! Has your county-wide Committee met? If you are an officer are you prepared for the upcoming meeting? :-)) See you in June!

4-H Families, clubs or project groups are asked to host a craft, project activity or learning experience that youth in our communities could try as they learn more about 4-H! If you would like to help, but do not have an idea- talk with Lindsey for brainstorming help! Money is available for those hosting tables to cover supplies!

Drone Day Camp

Mark your calendars for June 8-10! We will be hosting a UAS (drone) day camp open to all 11-14 year olds. This will be held at the Extension Office from 2-5 pm each day. No experience or project enrollment is required!

What is Veggie Garden?- K-5th grade youth from across the county will be invited to the fairgrounds to pick up some vegetable starter plants. They will be able to take these home and grow them through the summer while receiving gardening tips and information through newsletters and other program information. Participants will then be able to bring their items to the 4-H Fair for showcase! All youth, including current 4-H members are welcome to sign-up!

McPherson County 4-H Fair July 22-25, 2022

A reminder that the McPherson County 4-H Fair will be held July 22-25, 2022. The theme of the event is "Dancing With the Steers". Be brainstorming ideas for a club booth, banner or cookie jar! 4-H Fairbooks will be available in June!

Helpers Needed!

4-H Fairboard is seeking Superintendents, volunteers and helpers in many areas. Please reach out where you would be interested in helping. 4-H Fairbooks will be available in June!

McPherson County Fair in Canton July 13-17, 2022

Rock Springs 4-H Camp

4-H Camp is offered this summer with Registration through Rock Springs. 4-H members and friends are able to register for any 3 night or 6 night session offered this year.

McPherson County 4-H will offer all 4-H members a \$125 scholarship to help with their Rock Springs camp costs this summer. In order to receive this, you must be fully registered for a session with confirmation turned into the Extension Office as well as a paragraph about your favorite 4-H event or activity and why! If for any reason you are unable to attend camp, the scholarship must be returned.

You can find more information and available sessions as well as registration information at:
www.rockspringsranch4hcamp.org/

Jr Leaders

Group Leaders are needed for our Annual Farm Safety Day Camp! You will be paired up and assigned a group to help lead from session to session throughout the day! Day Camp is Tuesday, June 7 and you will be needed from 8:15-3:00. Lunch and a T-Shirt will be provided! Call or email the office to volunteer!



Thanks to everyone who attended the trip to K-State! We visited the Staley School of Leadership Studies, Derby Dining Center, The K-State Challenge Course and Call Hall Dairy Bar! It was a great day!

Horse

Remember that Horse IDs must be signed by May 1 for any horses you may be using in the project. We are excited to be offering a clinic in Kingman open to all horse project members! No levels testing is required and this will be a great opportunity to improve your riding and confidence as we look towards the rest of the summer and local or district level shows! The clinic is June 14 and 15 and you can attend one or both days for just \$100 per day. McPherson County 4-H has a \$50 scholarship available to any MP Co 4-H member that would like to attend! Space is limited- register today at www.https://bit.ly/3owckwr

SOUTH CENTRAL KANSAS
4-H HORSE CLINIC
PRESENTED BY KERRY KUHN HORSEMANSHIP
JUNE 14-15, 2022
9A.M. - 5P.M.
2 HOURS LUNCH BREAK EACH DAY
Registration is \$200/Day
Youth only pay \$100
KSRE will pay the remainder
TOPICS
- FUNDAMENTALS
- BODY CONTROL
- CONFIDENCE
- TECHNIQUE
- LEADERSHIP
KINGMAN EXPO CENTER
121 S. MAIN, KINGMAN
REGISTER AT
[HTTPS://BIT.LY/3OWCKWR](https://bit.ly/3owckwr)
REGISTRATION IS DUE MAY 27TH
K-STATE
Research and Extension

Dog Conference T-Shirt Design Contest

Join us at Rock Springs on October 22 and 23, 2022 for the Kansas 4-H Dog Conference.

The Dog Conference is a great way for youth and adults to come together and participate in different project-based learning with their favorite dog friend. This year, the 2022 Conference theme is the Doggy Olympics.

4-Hers have the opportunity to send in t-shirt designs using the Doggy Olympics theme by July 1st, 2022. The 4-Her who sends in the design that is selected to be turned into the conference-themed shirt gets free admission to the Conference.

Send T-shirt design ideas to Aliah Mestrovich Seay at aliah@ksu.edu with the email subject title: 4-H DOG CONFERENCE T-SHIRT DESIGN.

Insect Spectacular

Beetles, bugs, dragonflies and more! It's time to get registered for the 30th Insect Spectacular. The State Entomology Workshop will be held Friday and Saturday, June 17th and 18th, 2022. We will be hosted by Arnold's Greenhouse on Friday morning, located at 1430 Hwy 58 near LeRoy, Kansas. Then we will travel to the Chanute High School as the center for other activities. The event is open to all youth and adult volunteers interested in 4-H entomology! One parent/adult guardian from each family must register and attend with children.



The \$70 registration fee includes Friday supper, lunch and snack Saturday, bottled water, class materials, t-shirt and handouts. Younger siblings under 4-H age, spouses, etc. that may be coming along, but not participating in the classes will need to pay a fee of \$25.00. This will pay for the meal and snack Saturday, but does not include a shirt. For more event details and to register, please visit:

<http://www.kansas4-h.org/events-activities/conferences-events/insect-spectacular/index.html>

Bring Your 4-H Projects to Life!

The next Bring Your 4-H Projects to Life will be held on May 12 at 7 PM on Zoom. We will be focusing on the Wildlife Project and department at Kansas State University. Remember, you do NOT have to be currently enrolled in any project to attend these offerings. They are also all recorded and shared with registered participants if you cannot attend live. Watch your email and Facebook for more information to register for May!

Geology

The Kansas Geology Action Team is excited to announce a state Geology field trip. This will be held June 10-12, based in Fredonia Kansas. Registration information when available will be found on:

<https://www.kansas4-h.org/events-activities/conferences-events/geology-field-trip/index.html>

Rabbit Project

Don't forget- rabbit ID s are due to the Extension Office by June 1 for any animal you may be showing at the 4-H Fair.

Archery

Archery practices are continuing on Thursday nights beginning at 6:00 pm. Project members meet at Smoky Valley Shooting Sports (2341 14th Ave, Lindsborg).

Shotgun

Shotgun classes will be starting the 2nd Sunday in June at 3:00 p.m. This will be held at Double E Pheasant Ranch, 2038 15th Ave, McPherson. Bill will also have shells to buy at the meeting.

YQCA

Remember that Youth Quality Care for Animals is required for livestock members showing at the 4-H Fair. We have had one in person training so far and will plan on at least one more prior to fair.

The YQCA program recently transitioned to a new platform, so families will need to create an account, using the new website: <https://yqcaprogram.org/>. The program is no longer connected to 4HOnline.

State Animal Nominations

All small livestock and commercial heifer state nominations (non-market beef) are due June 15. This includes commercial heifers, market swine, commercial gilts, market lambs, commercial ewes, and ALL meat goats youth would like to exhibit at the Kansas State Fair Grand Drive or KJLS. Please remember that the new nomination process requires families to order your DNA envelopes prior to nominating!

Summer is Coming!!!

Summer will be here before we know it! McPherson County Extension Office is busy planning and preparing a variety of FREE activities and programs for youth! As programs are opened for enrollment, we will post them at <https://tinyurl.com/ExtensionSummerFun> and on our Facebook page (McPherson County Extension Office). We suggest that you check often and turn on notifications on Facebook, as we anticipate that some of these opportunities will fill up very quickly. There will be lots of choices, including sewing, cooking, drones, and more!



Walk Kansas

Walk Kansas participants, are you logging your steps? Walk Kansas is quickly coming to a close, so now is the time to log your activity online or in the app. The Locker Room has generously donated prizes and each week we are doing random drawings from the list of participants who have logged.



“CHICK” this out!

We are currently incubating eggs in our office! Our Preschool EGG-Stravaganza program met for the first time on Thursday, April 21st and put eggs into the incubator. At our next program (Tuesday, May 3rd), we will candle the eggs and see how our chicks are growing. We anticipate they will hatch on May 12th! Additionally, our preschool friends enjoyed playtime, crafts, and play doh. Want to join the fun? We do have a couple of spots left. Please register at <https://tinyurl.com/EggstravaganzaMP>.

Youth Programs in your Communities

Kansas 4-H has contracted with the Kansas Department of Education to provide additional summer learning opportunities for youth. McPherson County was selected as a host site for this programming. We are currently planning lots of opportunities for youth in McPherson, but are looking for host sites in other communities in our county for Extension programming. If you know of any organizations that may be able to work with us to provide a location for these opportunities, please reach out to Audrey Seeger at aseeger@ksu.edu.



Veggie Garden and 4-H Showcase

Join 4-H Youth Development Agent Lindsey Mueting and McPherson County 4-H for our 2nd annual youth Veggie Garden and 4-H Showcase. This event will be held on All School's Day (Friday, May 13), 1:30-3:30, at the McPherson County 4-H Building. Youth in grades K-5 are invited to come pick out plants to start their own gardens at home, and visit several activity tables sponsored by our area 4-Hers.

Money as You Grow

McPherson County Extension Office is providing free parent reading guide handouts for the Consumer Financial Protection Bureau's "Money as You Grow Bookshelf" program. This program helps parents of children ages 4-8 use storytime as an opportunity to help their child develop positive attitudes about saving, earning, and spending money.

Currently, we have guides available for the following books (and a copy of each book available for checkout, as well!)

- *Alexander, Who Used to Be Rich Last Sunday* by Judith Viorst
- *Tia Isa Wants a Car* by Meg Medina
- *Curious George Saves His Pennies* by Margaret and H.A. Rey
- *Count on Pablo* by Barbara deRubertis
- *Just Shopping with Mom* by Mercer Mayer
- *My Rows and Piles of Coins* by Tololwa M. Mollel
- *The Berenstain Bears' Trouble with Money* by Stan and Jan Berenstain
- *The Berenstain Bears and Mama's New Job* by Stan and Jan Berenstain

Families can stop by anytime during regular business hours to pick up their free guides! If you would like to check out any of the books from us, please contact Audrey Seeger at aseeger@ksu.edu For more information on helping children build financial literacy, check out:

[MF3465 Through a Child's Eyes, Fact Sheet \(ksu.edu\)](#)

[Money as You Grow | Consumer Financial Protection Bureau \(consumerfinance.gov\)](#)

Choosing Health: Food, Fun, and Fitness



We just wrapped up our last session of Choosing Health: Food, Fun, and Fitness after school program at Moundridge Middle School. Over 6 sessions, youth learned about choosing healthier beverages, eating more fruits, vegetables, and whole grains, making better selections when eating fast food, and the importance of breakfast. Additionally, they learned to make several recipes, how to safely use knives, and got some new ideas of active games that they can play. This program makes an excellent after school or summer program opportunity! To inquire about offering this program in your community, please email Audrey Seeger at aseeger@ksu.edu.

