

# McPherson County

K-STATE EXTENSION NEWS

November 2025



Photo Credit: Lauralee Myers, K-State Extension, McPherson County



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

As November settles into McPherson County, colder days and longer nights remind us that winter isn't far away. Farmers are finishing up with their fall harvest and their planting of Hard Red Winter Wheat. While cow/calf producers are weaning calves and moving cow herds to winter feeding areas.

Now is the time for everyone to wrap up fall projects and make sure all livestock, pets, equipment, and homes are ready for the wintery season ahead. A little preparation this month can save a lot of stress when the temperatures drop and the north wind starts to howl.

-Shad

## Garden News

### Fall Gardening by KSU Horticulture

Kevin Donnelly, Newsletter Editor

The weather continues to be favorable for late season gardening. We are actually past the date when we could have had our first frost, so these are "bonus" days for summer crops. In fact, the recent spell of very warm days has been best for the warm season crops that are still hanging on and maturing late-set fruits. It has actually been a bit warm for some of the fall garden crops, but overall, the fall gardens continue to look wonderful.

**Sweet Potato Harvest:** There are still a lot of sweet potatoes in the gardens, and they have grown extremely well this season. It should be a great harvest. Please check the last newsletter for details on digging and storing sweet potatoes if you are not familiar with this crop. Don't wait too long if your crop was planted on time and has had good growth. Rodents can damage roots and sweet potatoes will be killed by even a hint of frost, so you will not get much more yield by waiting.

**Frost vs Freeze:** Although the weather has been unusually warm this fall, and it is expected to continue above average for the next couple weeks, the first frost and freeze will likely be here soon in November. So, we need to be making plans for when it happens.

Exactly what goes on with a frost warning, a freeze warning or a hard freeze warning? A frost warning is issued when atmospheric conditions are suitable for temperatures to fall below 36 degrees. Will this injure most plants? Answer: NO. However, cold air will move into low lying areas and may cause frost even in your garden if the officially recorded temperature is several degrees above 32.

Areas with a lot of buildings or other structures may absorb heat and keep the temperatures up. It is also highly dependent on wind and clouds. Calm and clear, especially in the early morning hours before sunrise, will lead to the greatest chance of frost.

Also, there may be injury on the upper areas of plants where lower portions are warmer due to heat being released by soil. Think of a frost warning like a tornado warning. A tornado warning doesn't mean a tornado will occur- just that there is a potential so be alert.

A freeze warning is issued when conditions are such that temperatures may fall to 32 degrees. Will that damage plants? Answer: Some but not all (see next section). However, if temperatures reach 30 to 31 it will damage all sensitive warm season crops. Again, the lowest temperatures will be in low lying, open areas. Covering plants with a tarp or plastic sheeting can generally protect them from the first freeze and may get you a couple more weeks for late fruits to continue developing. Be sure to secure the edges of the covers so they do not blow off, and remove them immediately the next morning after the sun comes up or it may get too hot very quickly.

Finally, a hard freeze warning is issued when temperatures may reach 28 degrees. Will this damage plants? Answer YES, all but a few hardy and semi-hardy cold tolerant crops. Under these conditions, you may still be able to protect sensitive plants with covers, but it is more risky. Last fall was such a year - covers did not protect peppers and tomatoes from the first hard freeze. It is probably time to pick produce that you can the day before, or move things indoors.

When will these warnings come? I have no idea. If historical conditions prevail, it could be any time now. So, we will just have to wait and see. Cloud formations and rainfall can have some dramatic influences as well. One thing you can do when cold weather is forecast is to water things well. Wet soil holds heat better than dry soil and will radiate that heat upward. A cloud cover is also your friend as far as cold damage is concerned. Remember, the greatest chance for plant damage occurs with a cold, calm, clear night.

**Sensitivity to Cold Temperature:** Here are some crops that you need to focus on in protecting from cold temperatures:

*Very Sensitive:* Sweet potatoes (almost in a class by themselves – can be injured by temperatures in the 35-36 range), Cucumbers, Muskmelon, Okra, Peppers, Squash, and Watermelons.

*Sensitive:* Beans, Sweetcorn, Tomatoes

*Semi-Hardy:* Beets, Carrots, Cauliflower, Chinese Cabbage, Lettuce, Potatoes

*Hardy:* Asparagus, Broccoli, Cabbage, Kale, Mustard, Radish, Spinach, Turnip

The 'semi-hardy' group can withstand temperatures below 32F probably to the 28F range while the 'hardy' group should be able to withstand temperatures into the mid to low 20s without serious injury.

**Cleaning Up Tomato Vines:** Some gardeners still have tomato vines that are producing late tomatoes while other vines are pretty much dead. As we have mentioned earlier, it is not necessary to remove the vines completely if you are going to till your garden this fall. You can pile them up and chop them with a lawnmower to shred them into pieces. Then till the area to incorporate the chopped vines so they will decompose through the fall/winter months. It is a good idea to till the area several times through the fall months so that all the vine tissue is tilled into the soil to decompose, not leaving any residue on the surface. If this is done, there is much less of a chance that any diseases will be present for next year's crop. However, if you do not plan to do fall tillage, the foliage should be removed and not remain on the surface since foliar disease spores may carry over to next season on the residue.



Photo Source: Canva

**Planning for Next Year's Garden** – As you clean up your garden plot this fall, it is good to take notes or photos to record where each crop was planted this year. That way when you plan your garden for next year, you can be sure to rotate your crops, especially if you are not planning fall tillage. You should avoid planting the same or even closely related crops such as all of the cole crops (broccoli, cauliflower, cabbage: plants that belong to the mustard (Brassica) family and grow better in cool weather) or all of the cucurbits (squash, cucumbers, melons, pumpkins) into the exact same area next season.

This reduces the chance of some diseases and insects that overwinter in the garden from being as much of a problem. However, do not expect this to prevent all pest problems next year. Many of our most common diseases like tomato blights blow in from wind borne spores, and insects like squash bugs migrate in from various overwintering sites.

**Wood Chips in the Garden:** We have large piles of wood chips and every now and then someone wants to use them in the garden. Eventually wood chips will break down into organic material that will benefit the soil. However, it takes a long time and the bacteria and fungi that are needed to break down the chips remove nutrients to build up their own populations. Therefore, you will find fertilizer deficiencies until the chips completely break down which may take six months to a year. The nutrient value of wood chips is not very good, so you don't get much fertilizer value when they do completely break down. It is best to use them on paths and not to incorporate them into your garden. Compost, on the other hand, is nutrient rich and is mostly deteriorated when you apply it. The fertilizer value will be much greater and will release sooner.



Photo Source: Canva

**Moving Asparagus and Rhubarb:** Since these crops are perennial, some gardeners are interested in moving them to a new location when they leave the gardens or move them to a new location within the garden. Late fall is the proper time to do so, **BUT NOT TOO SOON!** Allow them to remain standing until all top growth is dead, which may not be until early to mid-December. You can then dig up the roots and re-locate them to a new location OR place the dug roots in some moist peat moss and store them in a cool location for planting next spring from mid-march till mid-April.

**Fertilizing Fall Crops:** It may be a good time to apply some additional fertilizer to your fall crops that are growing now. Cabbage, broccoli, and cauliflower may still benefit from a late fertilizer application if they are showing deficiencies.

**Fall Crops Report:** Some fall gardens are really looking spectacular. The mild August allowed them to get established and growing rapidly, and the extended fall has provided great growing conditions. Leafy greens are doing very well and some broccoli and cabbage are just starting to form heads. The only problem has been our generally dry conditions, and actually excessive heat the last couple weeks for some of the more sensitive cool season crops. But all in all, it has been a great fall season, with even more favorable weather predicted for the next few weeks.

**Checking Squash in Storage:** If you have harvested your fall pumpkins and squash you will probably find that many of the little surface blemishes have healed over and formed a dense, hard shell. However, every now and then some bacteria or fungi may enter the spots and start to grow allowing a soft, wet rot to start to develop. Take a close look after the squash has been in storage for about a month and make sure to remove any of those that may have soft spots developing. They will often leak and can damage other squash around them in the process. I took a look at my butternut squashes the other day and found 2 that were a little suspect, so I removed them from the others where I'm keeping a close watch on them.



Photo Source: Canva

## **Pasture News**

### **How Do You Make A Pasture Shrink?**

By Carol Baldwin

How does woody encroachment affect cattle production? Each tree decreases the available forage and can produce seed for yet more trees to spread and grow, and in effect reduces the amount of land available for cattle production in a pasture. . Even a pasture with only a few trees is at risk of future grazing losses as woody encroachment expands.

Treating woody plants while they are small and easy to remove with prescribed burning protects against future production loss, maintains health rangelands, sustains native rangeland wildlife, and reduces wildfire intensity. As woody plants spread and mature, treatment costs escalate with the need for mechanical removal.



The redcedar calculator gives a rough idea of how redcedar encroachment impacts livestock production. Calculation spreadsheets based on vegetative measurements in the Smoky Hills, Gypsum Hills, and Flint Hills of Kansas illustrate how redcedars can affect production losses by reducing carrying capacity of a pasture. When it comes to woody plant control, sooner is better!

## **Cattle News**

### **The Source of High Cattle and Beef Prices**

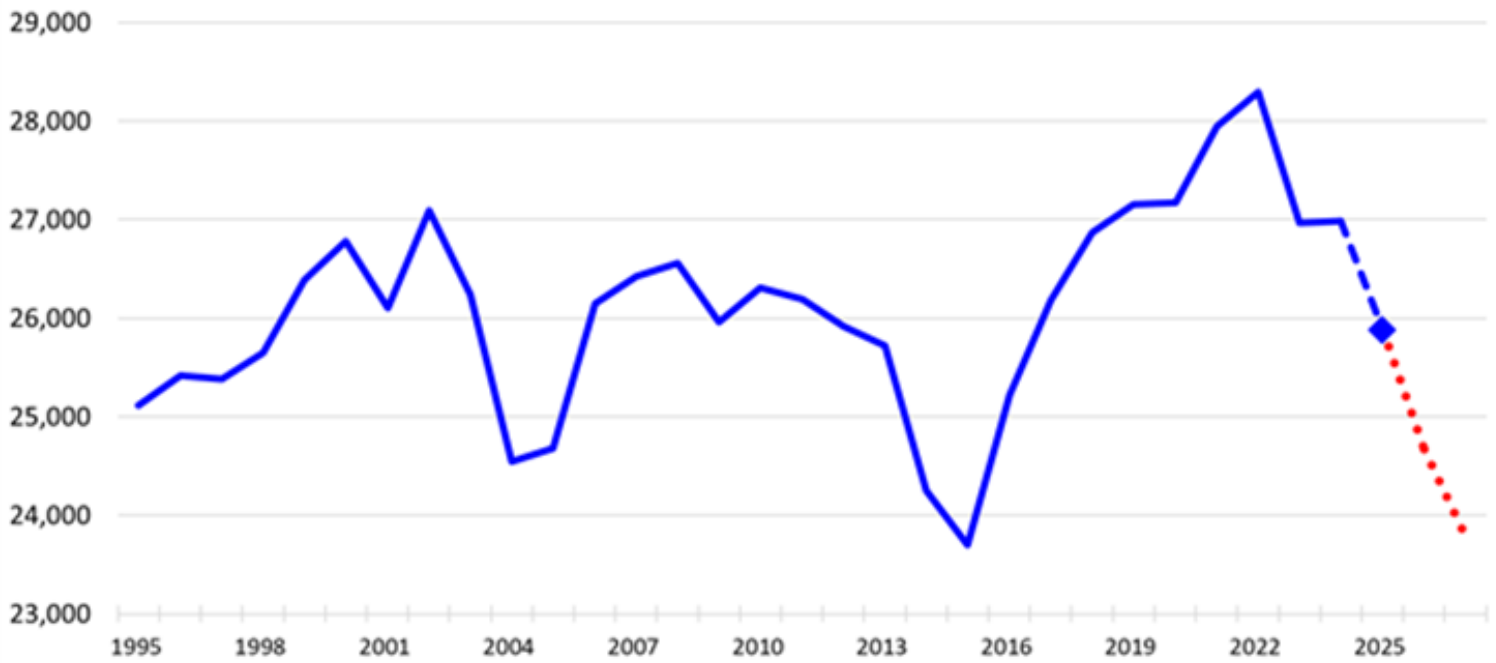
Derrell S. Peel, Oklahoma State University Extension Livestock Marketing Specialist

High cattle and beef prices are suddenly receiving intense scrutiny from politicians, consumers and the media. While it seems to many that the situation has only recently happened, it has, in fact, been developing for several years. The beef cow herd on January 1, 2025 was 27.86 million head, down 3.78 million head, or 11.9 percent, from the cyclical peak of 31.64 million head in 2019. The beef cow herd is currently the smallest inventory since 1961. The projected 2025 calf crop is 33.1 million head after declining for seven consecutive years and is the smallest since 1941.

What began as modest cyclical herd liquidation in 2020, accelerated and extended from 2021 through 2024 as a result of widespread, roving drought that impacted most of the beef cattle production across the country. Lack of forage and adverse production conditions forced producers to reduce herds, significantly more than intended.

The beef cattle industry is complex and unique among livestock industries. Cattle are slow-growing animals that reproduce one at a time. One feature that is particularly important is that breeding cattle and cattle used for beef production originate from the same set of animals. This means that herd liquidation temporarily increases cattle slaughter and beef production. As the beef cow herd decreased after 2019, increased cow and heifer slaughter pushed beef production to record levels in 2022 (Figure 1, blue dashed line projection for 2025). Consumers – and politicians – enjoyed ample supplies of relatively inexpensive beef, oblivious to the fact that it meant that future beef production would inevitably decrease.

**Figure 1. Beef Production**  
Commercial, Million Pounds



Beef production is now decreasing, pushing retail beef prices to record levels. Without herd rebuilding, beef production will remain low due to limited cattle numbers. Herd rebuilding is expected – at some point – which will lead to further reductions in beef production. The opposite of herd liquidation means that heifer retention for breeding will make a tight cattle supply even tighter as heifers currently used for beef production are retained for breeding and future beef production – leading to additional reductions in beef production in the meantime (Figure 1, red dotted line forecasts). There is no way (or any policy!) to change the fact that beef supplies will be tight – and get even tighter – over the next two to four years before beef production can be increased.

The current high cattle and beef prices developed over several years and at a high cost. Producers have been subjected to detrimental physical, emotional and financial tolls that affect operations for years. Cattle ranchers were forced to sell productive breeding animals prematurely, with most going to slaughter. Producers attempting to manage through the drought incurred increased production costs, including record high prices for hay – only to be finally forced to sell animals in many instances.

Physical recovery of ranges/pastures and the financial recovery of ranches is a slow process. Producers are now enjoying high cattle prices and record returns per head, but low inventories mean that cattle ranches are selling fewer animals and still face high overhead costs to maintain pastures, fences, equipment and production facilities. High cattle prices for a period of time are necessary to allow cattle ranches to recover, rebuild, and prepare for the next cattle cycle.

That is the true source – and cost – of high cattle and beef prices.

Derrell Peel, OSU Extension livestock marketing specialist, breaks down how Argentinian beef imports could influence the U.S. cattle market and what it means for producers, consumers, and pricing trends. He also explains how the recent government shutdown is affecting access to key livestock data, making market analysis and decision-making more challenging on SunUpTV from October 25, 2025. <https://www.youtube.com/watch?v=-O5O6pD5fKg>



# Clover Corner



McPherson  
County

Laura Savage

4-H Youth Development Extension Agent

## Laura's Letter

Happy November! I don't know about y'all, but personally October-December is my favorite time of year! Cooler weather, football games, and the upcoming holidays always make me happy! As our calendar year winds down, the 4-H year is just beginning! Now is an excellent time to tell your non 4-H friends about 4-H! Registration fees for 4-H will be waived through November 15<sup>th</sup>! Invite them to a club meeting or extension related event. The upcoming Photography and STEAM Explorations provide a "taste" of 4-H without a commitment! I would love to see both 4-Hers and non 4-Hers there! I am super excited to increase 4-H involvement and enrollment this upcoming year; I would love to hear from you as to specific activities or events you would like to see this year! Have a fabulous Thanksgiving & go Patriots!

-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

- |                |                                                                  |
|----------------|------------------------------------------------------------------|
| <b>Nov. 2</b>  | <b>Achievement Banquet</b><br><b>4-H Building @ 4:30 PM</b>      |
| Nov. 10        | Photography Explorations                                         |
| <b>Nov. 11</b> | <b>Office Closed</b><br>Happy Veteran's Day!                     |
| Nov. 15        | Deadline for waived 4-H registration                             |
| Nov. 17        | Photography Explorations                                         |
| <b>Nov. 23</b> | <b>Kansas Youth Leadership Forum</b>                             |
| Nov. 24        | Photography Explorations                                         |
| Nov. 24        | Deadline for STEAM Explorations                                  |
| Nov. 28        | National 4-H Congress<br>Have fun, Stone!<br>Happy Thanksgiving! |

## Officer Trainings

### Were you elected as an officer for your club?

Be on the lookout for upcoming Officer Trainings!

I am currently working on Zoom recordings of Officer “Crash Course” trainings. I plan to have these completed in November.

**Please contact me if you would like put on the list to receive the “Crash Course” for your specific office!**

## Council Update

4-H Council held a meeting on October 2<sup>nd</sup> to elect officers and appoint committees.

Join me in congratulating the 2025-2026 4-H Council officers:

**President:** Karly Durr

**Vice President:** Stone Nichols

**Secretary:** Matthew Seeger

**Treasurer:** Alexis Shandy

4-H Council will resume regular meetings after the first of the year. The next in-person 4-H Council meeting will be on Thursday, February 5<sup>th</sup>.

## Get Published!

Have news, highlights, or events you would like included in the next Clover Corner?

Submit them to Lauralee at  
lhelm@ksu.edu  
by November 14th!

## Food Drive Update

Congratulations to  
**Livewires Empire Best 4-H Club**  
for winning our National 4-H Week food drive challenge! They will receive a \$75 check sponsored by 4-H Council!

During National 4-H Week, members of Livewires Empire Best collected over 1,000 food items and raised \$50 which was donated to the Canton Food Bank!

A HUGE “Thank You!” to all of the clubs and 4-H members who participated! We collected nearly 1,500 food items for local food banks! Great job!



# Event Spotlights



**Santa's Workshop**  
STEAM EXPLORATIONS

Three nights of Christmas-themed STEAM activities for elementary students ages 6-10!  
**Register by November 24<sup>th</sup>**  
**Cost: \$10**  
<https://tinyurl.com/SWSSTEAMEXPLORE>

December 2nd: 6:00 PM-7:00 PM  
Christmas Tree Building Competition

December 9th: 6:00 PM-7:00 PM  
Elf Drop

December 16th: 6:00 PM-7:00 PM  
Winter Landscape Design with Legos

Kansas State University Agricultural Experiment Station and Cooperative Extension Service.  
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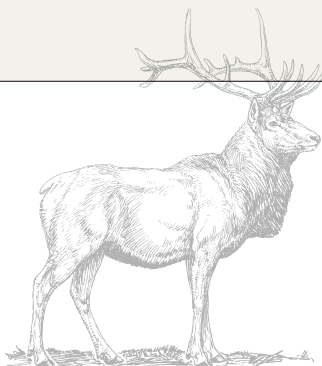
## Explorations RECAP

**October:** Wildlife Explorations enjoyed our trip to Maxwell Wildlife Refuge!

**November:** Photography Explorations

**December:** Register by November 24<sup>th</sup> for 3 nights of Christmas-themed STEAM Workshops!

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



## Community MITTEN TREE

Donated items may be dropped off at Home State Bank and Trust's Main or Euclid Street Locations OR The McPherson County Extension Office until Christmas.

\*Donations being accepted From Thanksgiving until Christmas

### Great Items To Donate:

- Mittens/Gloves
- Socks
- Coats
- Hats
- Scarves
- Monetary Donations

Donations distributed in McPherson County





# Chuck Laughlin, Family & Community Wellness, County Agent

## Last Call for 2026 Events – Submit Yours Today!

McPherson County is full of great activities, and the K-State Research & Extension – McPherson County events calendar is your one-stop resource for staying informed. From community workshops to family events, there's something for everyone!

Explore Upcoming Events: Visit [www.mcpherson.k-state.edu/events](http://www.mcpherson.k-state.edu/events) to see what's happening across the county.

Don't See Your Event Listed? Add It Now!

If you're planning an event for 2026, now is the time to share it! Events submitted this fall will be included both in our online county calendar and in the printed 2026 "My Hometown" calendar.

### *Why Submit Your Event?*

- Increase Visibility: Reach a broader audience and boost participation.
- Strengthen Community: Help showcase McPherson County's active and connected spirit.
- Create a Record: Your event becomes part of our county's story through the printed calendar keepsake.

### *How to Submit:*

Visit [tinyurl.com/MCAddEvent](http://tinyurl.com/MCAddEvent). Complete the short form with your event details (include a logo or flyer if available).

Submit for review—it's that easy!

Don't miss this chance to highlight your organization and be part of McPherson County's shared calendar for 2026. Submit your event today and help celebrate the vibrancy of our community all year long!

## Prepare Your Pantry for Holiday Meals: Healthy Swaps & Preservation Tips

As holiday gatherings approach, November is the perfect time to plan ahead for healthier, budget-friendly meals. By organizing your pantry and thinking ahead about ingredients, you can enjoy the flavors of the season without overindulging—or overspending.

Start by taking inventory of your staples. Stock up on canned fruits in natural juice, low-sodium broths, and whole grains like brown rice and oats. When cooking family favorites, try simple swaps: use plain Greek yogurt instead of sour cream, unsweetened applesauce in place of oil in baked goods, and herbs and spices instead of salt for flavor.

If you've still got late-season produce, consider preserving it. Freezing chopped peppers, blanching green beans, or dehydrating herbs helps extend the local harvest into winter. K-State Extension's Home Food Preservation guides can walk you through tested, safe methods for freezing, canning, or drying your favorite foods.

Finally, plan ahead for leftovers—label, freeze, and store meals safely to reduce waste. Healthy choices start in your pantry, and the small adjustments you make now can set the tone for a nutritious and joyful holiday season.



Photo Source: Canva

# November Focus: Awareness, Action, and Community Connection

November is a month full of meaning—when national observances remind us of the importance of health, family, and caring for our environment. Each of these observances offers a chance for us to learn, reflect, and take action right here in McPherson County.

*American Diabetes Month* encourages everyone to take charge of their health. With diabetes affecting millions of Americans, small changes in nutrition and physical activity can make a big difference. K-State Extension offers programs like Dining with Diabetes to help individuals and families make healthy, affordable food choices that support wellness.

*Alzheimer's Disease Awareness Month* shines a light on brain health and the challenges faced by families living with memory loss. Early detection and community support are key. Check in on neighbors or caregivers, and explore Extension's wellness resources to promote brain health through balanced nutrition and social connection.

On *America Recycles Day (November 15)*, we're reminded that small actions add up when it comes to protecting our planet. Take time to reduce waste, recycle properly, and explore ways to repurpose items at home or in community spaces.

Finally, *National Adoption Day*—celebrated the Saturday before Thanksgiving—recognizes families formed through adoption and raises awareness of the need for permanent, loving homes for children in foster care.

This November, let's celebrate the power of community by learning, giving back, and supporting one another. Together, we can make McPherson County a place where health, hope, and connection thrive.



Photo Source: Canva

## Managing Stress & Mental Health as the Holidays Approach

The holidays can bring excitement, but also stress. Balancing work, family, finances, and expectations can leave many feeling overwhelmed. November offers a chance to pause, reflect, and take steps toward managing mental well-being before the holiday rush begins.

Start by identifying your personal stress signals—tight shoulders, irritability, or trouble sleeping. Simple mindfulness practices such as deep breathing, journaling, or daily walks can make a noticeable difference. Take five minutes each morning to center yourself before the day begins.



Photo Source: Canva

Staying active and connected also supports mental wellness. Even a brisk walk or quick stretch break boosts mood and energy. Check in with friends or family, and don't hesitate to ask for help when needed.

K-State Extension offers mental health resources and programs that focus on stress management and family well-being. For local support, the McPherson County Extension office can connect you with resources on mindfulness, communication skills, and managing family stress during the holidays.

Remember: maintaining your own mental health allows you to be more present for others. This November, give yourself the gift of slowing down and finding joy in small, meaningful moments.

# Food Access & Local Foods in McPherson County

As the growing season winds down, food access remains an important conversation in McPherson County. While farmers markets slow, the need for fresh, nutritious food continues year-round. November is an ideal time to explore local food resources and ways our community supports access for everyone.

Many area producers offer late-season produce or storage crops such as squash, apples, and root vegetables.

Food access is also about education. Programs like those offered through K-State Extension provide guidance on budgeting, meal planning, and cooking with what's available. Community members can get involved by volunteering, donating, or sharing recipes that stretch local ingredients into balanced meals.

When neighbors support neighbors, communities grow stronger. Consider purchasing from a local grower, contributing to a food pantry, or participating in a “winter produce box” initiative.

McPherson County's strong sense of community and generosity continues to make healthy food access possible. Together, we can ensure that fresh, nutritious foods remain within reach for all—no matter the season.



## Preventive Screenings & Chronic Disease Awareness: Getting Ahead Before Year-End

As the year draws to a close, November is a good time to focus on preventive health. Many people schedule checkups or screenings before the end of the year, and taking time for your health now can help prevent larger issues later.

Annual screenings for blood pressure, cholesterol, and diabetes help detect problems early—often before symptoms appear.

Chronic diseases such as diabetes and heart disease are common but largely preventable through lifestyle changes. Programs like K-State Extension's Dining with Diabetes offer practical tips for meal planning and cooking that support healthy blood sugar management.

If you've been postponing a wellness check or screening, now is the time to call your provider. Bring a list of questions, review medications, and discuss healthy habits for the upcoming year.

Taking proactive steps this month helps ensure a healthier start to 2026—and sets an example for friends and family to make wellness a shared priority. McPherson County Events: Stay Connected and Get Involved



# Share Your Thoughts: Crossroads Project Community Survey

As fall settles in and the seasons shift, it's a natural time to pause and look ahead. At K-State Research & Extension – McPherson County, we're inviting you to do just that by sharing your thoughts through the Crossroads Project Community Survey.

This initiative is part of our long-term vision to strengthen 4-H youth programs, agriculture, family and community wellness, and community vitality, all under one collaborative effort. The Crossroads Project is about shaping spaces and programs that reflect you, your needs, your ideas, and your hopes for McPherson County's future.

## Why Your Input Matters

- Helps identify the programs, activities, and services that best support local residents.
- Guides planning for current and future facilities to meet community needs.
- Ensures your voice—and every voice—is represented in the decisions ahead.

## How to Participate

- Take the brief online survey—it only takes a few minutes!
- Share your honest feedback, ideas, and priorities.
- Encourage friends, neighbors, and family to participate so we hear from every corner of the county.

This fall, let's harvest more than crops—let's gather ideas that will help our community grow stronger together.

Take the survey today and make your voice count at [tinyurl.com/MPCrossroadsProject](https://tinyurl.com/MPCrossroadsProject) or stop by the Extension office to participate in person.



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!



# Upcoming Events



Wednesday, November 5, 2025  
Noon to 1 p.m.

K-State Garden Hour: Climate Resilient Gardens

Gardening in a changing climate can be a challenge. Join Pam Paulsen, Reno County Horticulture Agent, to explore practical methods to grow gardens that are resilient to tough growing conditions. Some of these methods include native and adapted plants, soil improvement, efficient use of water and nutrients, and attracting beneficial insects.

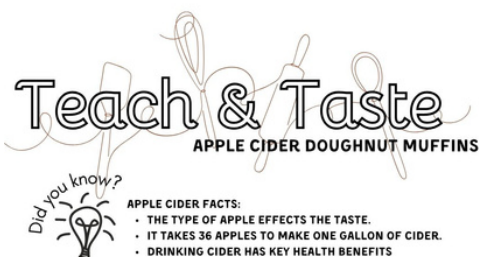


Friday, November 7, 2025  
9:30 AM-10:30 AM

Presenter: Mike Scanlon, Principal, Our City Planning.

The purpose of the First Friday e-Call is to increase the local community's knowledge of the experts, education, and economic resources available to help small businesses and entrepreneurs and to share innovations in community development.

This call is open to the public; please forward the information to anyone who might benefit.



November 12, 2025  
6:30 PM  
McPherson County  
Extension Office  
600 West Woodside  
McPherson, KS 67460

**Class is ALWAYS Free  
and Hands-On!**

Register by scanning the QR code or visit:

<https://tinyurl.com/AppleCiderMuffins25>



**K-STATE**  
Research and Extension | McPherson  
County

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**Chelsea King**  
Nutrition/Food Safety/  
Health Agent Johnson County  
K-State Extension



## The Buzz on Energy Drinks: Unpacking the Truth

Energy drink consumption is on the rise, particularly among adolescents and young adults. These drinks are often marketed as a way to increase focus and performance, as well as give a boost of energy. But what is really inside the can? We will explore common ingredients and outline the benefits and risks to help consumers make informed decisions around energy drink consumption.

November 19<sup>th</sup>  
12:10 - 1 PM



Scan the QR code or use  
the link below to register:  
[bit.ly/41E7kqI](https://bit.ly/41E7kqI)

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider and employer.

**LIVING WELL  
WEDNESDAY**  
K-State Research and Extension Website: <https://www.k-state.edu/livingwell/>



Extension  
McPherson County

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

## RETURN SERVICE REQUESTED

## AGENT CONTACT INFORMATION

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

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

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

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