January 9—Choose Wisely: For Health and Wealth-Great Bend
January 9—Calving School-Russell
January 15-16—Cover Your Acres-Oberlin
January 24—Choose Wisely: For Health and Wealth-Great Bend
January 25—2019 K-State Soybean School-Great Bend
January 29—Planning for the Future-Hoisington
January 31—Family Activity Night-Hays

February 5—Board Leadership Series Begins-Great Bend
February 6—K-State Sorghum School-Hays
February 7—Healthy Eating on a Budget-Ellinwood
February 8—ServSafe Food Handler’s Class-Ellsworth
February 12—Farm Land Lease Workshop-Hays
February 14—Soil Fertility Meeting – Great Bend
February 19—Weed Control Update for Field Crops-Hays
February 19—Beef Producers-Management & Profit Strategies-Rush Center
February 20—Prescribed Burning Workshop-Russell
February 21—Estate Planning Workshop-Colby
February 22—Estate Planning Workshop-Wakeene
February 22—Farmers Market Regional Workshop-Hays
February 24—4-H Day-Barton County

March 3—4-H Day-Ellis County
March 6—Healthy Choices When Eating Out-Great Bend Activity Center
March 14—Healthy Choices When Eating Out-Hays
March 20—Story Walk Activity– Great Bend
March 22—Healthy Choices When Eating Out-Great Bend Senior Center
March 23—4-H Super Saturday-Hays

SAVE THE DATE—March 13 or 14-Pond Management Program-Hays

Additional Articles in this issue include:
Happy New Year and Extension Update
Black Bean and Corn Soup Recipe
Using Yellow Split Peas
Extension Agronomy eUpdate
Dryland Grain Sorghum Demonstration Plot Results
Volunteers Make a World of Difference
ServSafe Food Handlers Workshop Set
The Cottonwood and Midway Extension Districts are hosting a ServSafe Food Handlers workshop on **Friday, February 8th, from 1:30 – 4:30 p.m. at the hospital in Ellsworth**. Whether you serve food as your job or as a volunteer, safe food handling is crucial. This workshop will reinforce the importance of handwashing, correct storage temperatures and proper food preparation techniques. There is a $15 charge which includes the most recent food handler manual and snacks. The flyer included in this newsletter has the link for on-line registration. Or you may give Donna a call at: (620)793-1910 to sign up.

Healthy Choices When Eating Out
Let’s face it; Americans eat out often. The fast paced lifestyle for singles, couples and families often mean a quick trip through the drive through on the way home from work. Is there a way to make healthier choices when eating out? Join Donna Krug, Cottonwood District FCS Agent, as she shares a publication she recently helped update titled, “Healthy Choices When Eating Out.” Simple things like opting for broiled or baked instead of fried foods can help. Choosing water instead of a sugary drink also makes good sense. The free program, “Healthy Choices When Eating Out” will be presented three times during March which is designated as National Nutrition Month. **Join Donna on Wednesday, March 6th at noon at the Great Bend Activity Center, 2715 18th Street; Thursday, March 14th, at 5:30 p.m. at the Ellis County Extension Office meeting room, or Friday, March 22nd, at 1:00 p.m. at the Great Bend Senior Center.**

StoryWalk Activity Set
Join Donna Krug for the StoryWalk Activity set for **Wednesday, March 20th, from 10-11 a.m. at the Great Bend Activity Center**. The book, “Handa’s Surprise” will engage your children and introduce them to some fun fruits. After reading the story which will is placed on white boards, participants will be treated to a fruit snack. This activity is free and targets toddlers and pre-school age children.

Seasonal Soups
It’s definitely soup weather! In a recent program at the Hays library I shared several hearty soup recipes with participants. This Black Bean and Corn Soup will definitely hit the spot on a wintery day. Enjoy!

**Black Bean and Corn Soup**
This soup makes a nice meal on a cold day. Serve with a big green salad.

**Ingredients**
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, chopped
- 6 cups vegetable stock
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 cans black beans, rinsed and drained
- 2 cups whole kernel corn
- 1 28-ounce can crushed or diced tomatoes
- Pepper to taste

**Preparation**
In a large saucepan, braise onion, garlic, and carrots in about a quarter cup of broth for 5 minutes or until softened.
Add the rest of the vegetable stock, seasonings, one can of the beans and corn. Bring to a boil.
In a food processor or blender, puree tomatoes and remaining can of beans. Add to the pot.
Reduce heat, cover, and simmer for 10 to 15 minutes.
Serve hot.

Makes 10 servings
Brenda Davis, R.D., Registered Dietitian and Nutritionist, Author www.brendadavisrd.com

Choose Wisely: For Health and Wealth
Choices...Choices...Choices. Everyone makes choices every day. Some of these choices include deciding what to eat, how much to eat, and whether to include physical activity in the day. The news is full of information – some of it conflicting – about nutrition and health. When all is said and done, do nutrition and health choices really make a difference?

Research indicates a definite link between food and physical activity habits, and the quality of a person’s healthy. So, yes, the choices you make are very important and can make a significant difference in quality of life. Since health is influenced by the choices you make each day, an upcoming program titled, “Choose Wisely: for Health and Wealth” can offer some great suggestions.

Join Donna for this free educational program on **Wednesday, January 9th, at noon, at the Great Bend Activity Center, 2715 18th Street.** The same information will also be presented **Friday, January 24th, at 1 p.m. at the Great Bend Senior Center.**
Calving School-Russell, KS  
January 9 @ 6pm  
Dole-Specter Conference Center  
1430 S. Fossil, Russell, KS  

Kansas State University Animal Sciences and Industry and Midway District Extension is hosting a Calving School on January 9th in Russell, KS.  

The program will outline the normal calving process as well as tips to handle difficult calving situations. A.J. Tarpoff, K-State Extension Beef Veterinarian, explains the goals of the event are to increase knowledge and practical skills, and to increase the number of live calves born.  

The schools will also share tips on when and how to intervene to assist the cow and how those times may be different when dealing with young heifers. Presenters will also demonstrate proper use of calving equipment on a life-size scale.  

Clinton Laflin, Midway District’s Livestock Agent will also discuss bull and heifer selection, EPDs, and genetic tools to improve your operation.  

There is no cost to attend this meeting, but RSVP’s for a meal count are requested by January 4th by calling 785-483-3157 or 785-472-4442.

Great Bend, KS  
January 25 (Friday) from 3:00 to 7:00 pm American Ag Credit, 5634 10th St. Great Bend (Stacy Campbell, scampbel@ksu.edu), Alicia Boor aboor@ksu.edu

Beloit, KS  
January 28 (Monday) from 9:00 am to 1:00 pm (Sandra Wick, swick@ksu.edu)

Topics & Speakers:  
3:30 Soybean Weed Control Update - Dallas Peterson  
He will review new herbicides and trait technologies for soybeans, integrated weed management, new dicamba application requirements, and the impact of non-target dicamba injury to non-Xtend soybeans.  

4:30 Soybean Pest Problems for 2018 & Prospects for 2019 - Sarah Zuckoff  
This talk will focus on early-season defoliators, mid/late-season defoliators, and pod/seed feeders with some focus also on Dectes stem borers.  

5:00 Break  

5:30 Crop Production/Soil fertility considerations for soybean production – Lucas Haag  
Discussion of diagnostic tools for nutrient management and fertilizer considerations in soybean, with emphasis on the main limiting nutrients in Kansas. Also current soil fertility issues for soybean in Kansas and fertilizer options for increased productivity and nutrient use efficiency.  

6:00 Markets - Dan O'Brien: "Soybean Market Outlook for 2019"  
Market prospects for soybeans in Kansas will be provided in this session. Market factors such as South American crop production, U.S. production and export prospects, U.S.-China trade discussions, and other factors will be discussed.  

6:30 Dinner  
Will be provided courtesy of the Kansas Soybean Commission. There is no cost to attend, but participants are asked to pre-register one week prior to the school they plan to attend. Online registration is available at K-State Soybean Schools (http://bit.ly/ KSUSoybean) or by emailing/calling the nearest local K-State Research and Extension office for the location participants plan to attend.

2019 K-State Soybean School – Great Bend  
These K-State Soybean Production Schools will provide in-depth training targeted for soybean producers and key-stakeholders. The schools will be sponsored by the Kansas Soybean Commission.  

Hoxie, KS  
January 25 (Friday) from 8:30 am to 12:30 pm (Keith VanSkike, kvan@ksu.edu)
Planning for the Future
January 29 9am–4pm
Knights of Columbus Hall
114 N Main St., Hoisington, KS
The past several years have been a challenge to be in agriculture to say the least. Farmers and ranchers are currently experiencing one of the biggest downturns in history with many parallels to the 1980’s. Planning for the future is critical for the short-term viability of the farm business but also for the long-term growth and sustainability of the farming legacy.

The Cottonwood District along with the South Central Kansas Farm Management Association will be hosting a program that will offer a variety of outlook talks to assist in planning for the upcoming years. Having a grasp of input costs and projected prices can assist in making equipment purchasing decisions, land rental arrangements, cattle and grain marketing plans, and more. Managing a farm’s financials will also be discussed, as it pertains to the current economic times.

You must RSVP at 620-793-1910 or by email at aboor@ksu.edu by January 22 to ensure that enough materials will be available.

K-State Sorghum School – Hays
The schools will cover a number of issues facing sorghum growers: risk management, marketing opportunities, weed control, crop production practices, nutrient and soil fertility, and insect management.

Garden City, KS
February 5, Tuesday, 8:30 am to 1:00 pm
Jennifer Stoss - jstoss@ksu.edu

Hays, KS
February 6, Wednesday, 8:30 am to 1:30 pm
Agricultural Research Center-Hays
Stacy Campbell - scampbel@ksu.edu
8:30 a.m. Registration
9:00 a.m. Meeting starts- Welcome from K-State and Kansas Sorghum
9:15 a.m. Crop production, Dr. Lucas Haag/ Ignacio Ciampitti, K-State Univ.
10 a.m. Fertility, Dr. Dorivar Ruiz Diaz, K-State Univ.
10:45 a.m. Break
11:00 a.m. Insects, Dr. Sarah Zuckof, K-State Univ.
11:30 a.m. Weed control, Mr. Marshall Hay, K-State Univ.
Noon Lunch
12:30 p.m. Sorghum Checkoff/USGC speaker
1:00 p.m. Markets, Dr. Dan O’Brien, K-State Univ.
1:30 p.m. Adjourn

Salina, KS
February 7, Thursday, 8:30 am to 1:00 pm
Carl Garten - cgarten@ksu.edu
Lunch will be provided, courtesy of the Kansas Grain Sorghum Commission. There is no cost to attend, but participants are asked to pre-register by January 29.

Online registration is available at K-State Sorghum Schools (http://bit.ly/KSUSorghum) or by emailing/calling the nearest local K-State Research and Extension office nearest the location participants plan to attend.

Farm Land Lease Workshop
February 12, 2019 1-3pm
Agricultural Research Center - Hays (auditorium) 1232 240th Ave.
1:00 p.m. Registration and program starts at 1:30 p.m.
Topics:
• Explaining the differences and similarities of various leasing arrangement, crop share, fixed cash rent, flexible leases, AUM pasture leases.
• Active management of the landowner-tenant relationship through effective communication and recognition of incentives.
• Calculating an equitable lease using cost of production budgets, price and yield expectations, and other market based information.
2:45 Questions
3:00 Conclude
Presenter: Mykel Taylor, K-State Extension Ag Economist.
There is no cost to attend, but we ask you to RSVP by Feb. 11th. Please call Cottonwood District Extension-Hays office at 785-628-9430 or email Theresa at tam3@ksu.edu All interested people are invited to attend.

Soil Fertility Meeting – Strip-Till Irrigated & Variable Rate Nutrient Management
February 14th (Thursday)
American Ag Credit, 5634 10th Street, Great Bend, KS.
Registration 1:30 p.m. Program starts at 2:00 p.m. & concludes at 4:00 p.m.
• Strip-till irrigated fertility management – Dorivar Ruiz, Ext. soil fertility specialist
• Variable rate nutrient management – Lucas Haag, NW Ext. area agronomist.
• Q & A
Snacks & refreshments will be provided.
There is no cost to attend, but we ask you to RSVP by Feb. 143th call 620-793-1910 or email Brenda bwalton@ksu.edu
**Weed Control Update for Field Crops – Hays**  
*February 19th from 8:30 to 12:00 pm  
Extension Office Mtg. Room, 601 Main, Hays*

Topics:
- Weed control research in Western Kansas
- Herbicide resistant weed mgt.
- Herbicide control updates for field crops
- Q & A

Presenters: Dallas Peterson & Kumar Vipan K-State Research & Extension Weed Control specialist.

RSVP for free meal by Friday, Feb. 15th. Call 785-628-9430, email tam3@ksu.edu

A minimum of 10 RSVP’s is required in order to hold this program.

**Prescribed Burnings Workshop-Russell, KS**  
*February 20, 2019  
9am to 2:30pm  
Dole-Specter Conference Center  
1430 S Fossil, Russell, KS*

The past several years we have received a better than average amount of precipitation in the fall creating a large amount of grasses late in the season. These forages are now dry and have the ability to create the perfect storm for a wildfire. Prescribed burnings can reduce the amount of fuel that a fire has access to and help mitigate a massive wildfire.

K-State Research and Extension, the Midway District and the Cottonwood District are hosting a burn workshop on February 20th at Dole-Specter Conference Center, 1430 South Fossil in Russell, Kansas to help educate producers on burning. The program will begin with registration at 9 and will run until 2:30.

Participants will learn the basics of burning, and be able to run through scenarios to gain experience and confidence for creating their own burn plan to implement on their land.

This workshop is designed to help with the understanding of the nature and behavior of fire. Some of the topics that will be covered are reasons for burning, wildlife and prescribed burning, local and state regulations, fire weather, safety, liability, use of burn contractors, planning and conducting a burn. The workshop is designed to either prepare the participants to begin using prescribed burning or to update their knowledge and abilities.

To enroll for this workshop or for more information, please contact either the Midway District at 785-483-3157 or email Clint Laflin at claflin@ksu.edu or the Cottonwood District at 620-793-1910 or email Alicia Boor at aboo@ksu.edu.

**Save the date: Pond Management Program March 13 or 14**  
*6 to 8 p.m.  
Extension Office Mtg. room, 601 Main St., Hays*

- Aquatic Weed Control & Management
- Pond problems & solutions
- Q & A

Presenter: Charlie Lee, Extension Wildlife specialist
Keep spreading the word about the Extension Agronomy eUpdate!

We would like to remind our readers about all the great delivery options for receiving the Agronomy eUpdate, and to encourage all recipients to share this valuable publication with as many interested people as possible.

If you are on our email list, you receive the weekly eUpdate in its entirety along with any special editions that we send out in between regular issues. If you follow @KStateAgron on Twitter, you will receive a tweet with a link to the weekly eUpdate plus additional tweets during the week about individual eUpdate articles and special editions. Some of you may receive the eUpdate by both email and Twitter.

Every now and then we hear from a producer, consultant, or extension agent who just started getting the Agronomy eUpdate by email or via Twitter and wished they had known about it sooner. You can help! We encourage all eUpdate recipients to promote the eUpdate to interested parties and to forward or retweet it to your email lists and followers.

We believe, and we’ve heard from many others who agree, this weekly electronic newsletter is the best of its kind in the world! And it’s free. We’d like everyone to take advantage of our fantastic product, and give us your feedback if you’d like.

To get on our email list to automatically receive the eUpdate as soon as it is released, contact either: Kathy Gehl, Agronomy eUpdate Editor kgehlf@ksu.edu at 7585-532-3354 or Troy Lyn Eckart at sprite@ksu.edu 785-532-5776

And don’t forget to follow us on Twitter at: twitter.com/KStateAgron Thanks to all our readers! Dallas Peterson, State Leader Extension Agronomy

Dryland Grain Sorghum Demonstration Plot
To view the results of the Barton Co. sorghum demo. Variety plot go to our web site at www.cottonwood.ksu.edu

Happy New Year from the Cottonwood Extension District
I hope that your year is off to a great start! It is the perfect time to set some goals for the coming year.

Don’t forget to include the wonderful educational opportunities available through the Cottonwood Extension District as you plan your goals. Perhaps this is the year to enroll your kids in the 4-H and Youth program. Or perhaps you will find an upcoming program about health and wellness is just what you need. Maybe you have questions related to agriculture that can be answered by our capable staff. And when the weather warms up a bit we will have Master Gardener’s in the Hays office manning a help desk to answer your horticulture questions.

The best part of my career as an Extension Educator is that I can be a lifelong learner and pass that opportunity on to others. Take some time for yourself as we begin a new year and join us at any of our educational opportunities.

To bring you up to date on staffing in our Cottonwood District, we have interviews set for late January to fill the Family and Community Wellness position. Soon after that we hope to open the District Horticulture position for applicants.

Let me know if you have any questions or programming needs as we move forward. I’m always happy to visit.

Donna Krug, District Director – Cottonwood Extension District
Volunteers Make a World of Difference to OUR Youth . . . OUR Future

4-H is growing. With that growth comes a need for caring adults to join the 4-H leadership team to help these youth learn and grow. This is the time of the year when clubs are organized and members are busy doing the important 4-H work. Project meetings are getting underway to help youth learn new skills. I encourage you to consider reaching out, sharing your time and talents with the youth of YOUR community.

Many times youth are interested in developing a skill, but there is not an adult in the group with that particular skill. Becoming a club or county-wide project leader allows opportunities to share your skills with youth in your community. Consider visiting with us about the possibilities. YOU can make a World of Difference for OUR youth!

Ways to Volunteer

Community Club Leader
Guide a diverse group of 4-H members, enrolled in a variety of projects working in a 4-H club.

Club Project Leader
Work with members in a community club to share your skills, talents and special interests in a single project area. For example: clothing, dogs, rabbits, horses, bicycle, computers, woodworking, photography, crocheting, etc.

County-Wide Project Leader
Work with members from across the county to share your skills, talents and special interest in a single project area. For example: beef, robotics, aerospace, gardening, sportsfishing, electricity, entomology, geology, etc.

Short Term Volunteer
Teach a special interest program, and/or assist a 4-H group with a special project.

Teen Volunteers
Serve as a teen leader, camp counselor, and/or as a junior leader.

4-H Volunteers must

- enjoy working with youth
- have a positive attitude
- be caring and nurturing
- embrace the mission of 4-H and K-State University
- complete the KS 4-H Volunteer Service application process

How to Become a 4-H Volunteer

To learn more about becoming a 4-H volunteer, contact the 4-H Agent in your local Extension Office.

In Ellis Co. visit with Susan Schlichting - 785-628-9430
In Barton Co. visit with Berny Unruh - 620-793-1910

To prepare you for your responsibilities as a 4-H volunteer, you will be invited to special training meetings for 4-H volunteers and receive newsletters and other written materials to help you with your job. District Extension agents and other volunteers will provide personal help throughout the year. Ask for the name of an experienced 4-H volunteer who lives near you, to call if you have any questions or need help.

Volunteer’s 4-H Pledge

I pledge my Head to give children the information I can, to help them see things clearly and to make wise decisions.
I pledge my Heart to encourage and support children no matter whether they have success or disappointments.
I pledge my Hands to help children’s groups; if I cannot be a leader, I can help in many equally important ways.
I pledge my Health to keep children strong and will for a better world through 4-H, for children’s groups, our community, our country, and our world.
Many area and state events coming soon!
Will you be involved in these amazing learning opportunities? Don’t miss out! Plan ahead and register on time for some learning of your lifetime!

4-H Horse Panorama
This state event will be held January 25-27, 2019 at Rock Springs Ranch, our state 4-H Center near Junction City. There are a variety of contests all relating to the horse project as well as some educational activities.
Registration is due January 15, 2019.

Citizenship in Action
What: Would you like to have more influence in laws and rules that affect your life? Then you’ll want to go to Kansas 4-H Citizenship in Action! This two day event is sponsored by the State 4-H Youth Leadership Council. The purpose of the event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the State Capitol, but will also show them how they can affect the legislative process.
When: February 17–18, 2019
Where: Topeka, KS
Who: Youth 13-18 years old by January 1 of the current year
Registration Deadline: February 1, 2019

Citizenship Washington Focus
This is an amazing trip to Washington DC June 13-24, 2019 with 4-H members from across the state of Kansas. Meet, learn, share and tour with youth from other states and respected resource people. Walk among places that have made history and places that are making news today.
Registration is due January 15, 2019

Discovery Days—May 27-31, 2019
Discovery Days is held on K-State Campus and is a chance for teens age 13-18 to discover new things. The registration for Discovery Days is sometimes open as soon as April 1—and many teens sign up immediately after the site is open to get the classes they want. Watch for more information about this awesome state event on the State 4-H Website www.kansas4-h.org

4-H Day - Share your Talent!
♦ Sunday, February 24 in Hoisington for Barton County
♦ Sunday, March 3 in Hays for Ellis County
4-H Day is a chance for 4-H members to showcase their project learning through public presentations. If you ask a 4-H alumni what one of the most important things they gained through their 4-H experience, they’ll most likely tell you it is public speaking!

Some clubs have already started working on skits, project talks, or music presentations. Make a plan early and start gathering the information you will need.

There are resources available from the Extension Office and on our website www.cottonwood.ksu.edu

The public is invited to attend and learn more about 4-H!

SUPER 4-H SATURDAY Coming to Hays – March 23
March 23 is a day filled with great 4-H activities for the whole family! There will be 6 judging contests—Crops, Entomology, Horticulture, Life Skills, Livestock & Photography for youth 7-18. You can judge at 1 or all of these great contests. There will be several workshops in the afternoon to help members explore project learning.
There will be a leadership opportunity for adult volunteers at the same time. Mark this date on your calendar and watch for more information as these activities are finalized.
Welcome

Registration

Room 1 Room 2 Room 3

Welcome Online at www.mountainwest.com/coversources

Cover Your Acres

Winter Conference

The Gateway in Ogden, KS

January 15 and 16, 2019

2019 SPEAKER TOPICS

Winter Conference
The Gateway in Ogden, KS
Register Online at www.paintsociety.org/coveryouracres

A fresh look at this proven protective coating management solution for farmers and growers. This session will focus on how to apply the product. The session will focus on how to apply the product. The session will focus on how to apply the product.

Registration

Room 1 Room 2 Room 3

Welcome

Online at www.paintsociety.org/coveryouracres

Winter Conference
The Gateway in Ogden, KS

January 15 and 16, 2019

2019 SPEAKER TOPICS
Preserving the Family with Estate Planning

Save the date and register now!

February 21st - Colby, KS
5:30 p.m. - 9:00p.m.
February 22nd - WaKeeney, KS
10:00 a.m. - 4:00p.m.

Workshop topics include:
- Getting Started with Estate Planning
- Farm & Business Transition
- Elder and Long Term Care
- Living Wills
- Social Security

Cost of registration for both locations:
$20/each, with a $15 family member discount price

Meal and materials included. Late registrations (after Feb 15th or on site) are not guaranteed meal or handouts.

Find registration information on the back!

To register online go to: www.northwest.ksu.edu/events/estate_planning

For questions, contact the Thomas County Extension Office at: 785-460-4582
Community Board Leadership Series
You are serving on a board — now what?
Sponsored by:
K-State Research and Extension

February 5  Roles & Responsibilities of Board Members/Effective Meetings
February 12 Fiscal Responsibilities, Fundraising and Legal and Ethical Issues
February 19  Understanding Fellow Board Members/Conflict Resolution
February 26  Strategic Planning

All 2019 sessions will be from 6 - 8 p.m. and will be conducted through a “high tech/high touch” approach at K-State Research and Extension offices across the state for interactive participation!

Registration Fee: Contact the extension office hosting the site you want to attend. Each registration buys a seat which can be rotated by participants!

The Board Leadership Series provides an opportunity to give community-based boards — elected, appointed, or recognized by local units of government — affordable training necessary to be most effective and efficient with their responsibilities.

Registration deadline will be final January 10, 2019. To register at one of the host sites contact:

- Colby: Sheryl Carson, scarson@ksu.edu (785) 460-4582
- Elkhart: Crystal Bashford, cbashfor@ksu.edu (620) 697-2558
- Great Bend: Donna Krug, dkrug@ksu.edu (620) 793-1910
- Pittsburg: Amanda Marney amarney@ksu.edu (620) 724-8233
- Ottawa: Fran Richmond, frichmon@ksu.edu (785) 828-4438
- Meadowlark District: David Key, dkey@ksu.edu (785) 336-2184
- Hugoton: Nancy Honig, nhonig@ksu.edu (620) 544-4359
- Kansas City: Bruce Chladny, bchladny@ksu.edu (913) 299-9300
- Olathe: Tara Markley, tmarkley@ksu.edu (913) 715-7000
- Salina: Carl Garten, cgarten@ksu.edu (785) 309-5850
- Washington: John Forshee, iforshee@ksu.edu (785) 325-2121
- Topeka: Shawnee County; Cindy Evans, cevans@ksu.edu (785) 232-0062

Kansas State University, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. K-State Research and Extension is an equal opportunity provider and employer, and is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to physical, vision, or hearing disability or a dietary restriction please contact your local extension office.
Farmers’ Markets
2019 Regional Workshop: Hays

Farmers’ markets are growing across the state and continue to be an important source of fresh fruit, vegetables, meat, dairy and other agricultural products from small towns to large metropolitan areas. In 2018, 95 farmers’ markets were registered with the Kansas Department of Agriculture’s Central Registration of Farmers’ Markets.

Hays Regional Workshop

Friday, February 22 • 9 a.m. – 3 p.m.
Registration begins at 8:30 a.m.

Who: Current and prospective farmers’ market vendors

What: The Hays regional workshop will cover the following topics:
• Making a Profit as a Market Vendor
• Pest control methods, cover crops, and soil health
• Regulations on Selling Meat, Eggs & Poultry
• Direct to Consumer
• SNAP Program and Sales Tax for Vendors
• Kansas Specialty Crop Association
• Specialty Crops and Produce Safety
• Farm to Institution (restaurants, groceries, schools, etc)
• Food Safety Updates
• Kansas Senior Farmers’ Market Nutrition Program

Certified Farmer Training*

*An interactive training session for the Kansas Senior Farmers Market Nutrition Program is required for all new farmers who wish to participate. Interactive training may occur online or during a training (such as hosted during these Farmers Market Workshops). Returning farmers may complete their training and annual agreement online or at an in person training. All farmers must submit an annual agreement to KDHE. Visit www.kdhks.gov/sfmnp

Where:
K-State Agricultural Research Center
1232 240th Ave.
Hays, KS 67601

Registration:
Register online at FromtheLandofKansas.com/FMWorkshop
or fill out the attached registration form and return to the address listed on the form.

Registration is $20 per participant, which includes lunch. Lunch cannot be guaranteed for those registering after February 14.

For more information, contact Lexi Wright at lexi.wright@ks.gov or (785) 564-6755.

Vendors can also bring their sales scale to get tested and certified for FREE by the Kansas Department of Agriculture.

To support Kansas’ farmers’ markets, we are pleased to offer the following workshops in addition to this workshop:
Olathe, February 1; Parsons, February 2; Dodge City, February 8;
Wichita, February 9; Manhattan, February 15; Hays, February 22.

For more information, please visit FromtheLandofKansas.com/FMWorkshop
ServSafe Food Handler Class
Friday, February 8, 2019
1:30 p.m. – 4:30 p.m.
Ellsworth Co. Medical Center
1604 Aylward Ave, Ellsworth KS

Instructor Donna Krug, Family and Consumer Sciences Agent – Cottonwood District will provide food safety training for food handlers. This basic Food Handlers class is great for anyone who handles food. We always think of food establishments and nursing facilities first, but church workers who have regular pot lucks or soup suppers or food concession stand managers are welcome as well.

Registration is also available through the Kansas Restaurant and Hospitality Association website. The url address is: https://www.krha.org/page/ServSafe.

$15 per person
Includes booklet and snacks
Make check payable to “Cottonwood District” prior to class

RSVP by Wednesday, January 30, 2019
Donna Krug 620-793-1910 dkrug@ksu.edu
Ashley Svaty 785-524-4432 asvaty@ksu.edu
Jessica Kootz 785-472-4442 jessicak@ksu.edu

K-STATE Research and Extension
Cottonwood, Midway & Post Rock Districts
ServSafe

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