

21 CENTRAL DISTRICT NEWSLETTER



21 Central Update



Director & Community Vitality

Trisha Greene

As we are nearing year two of being 21 Central District, we proudly announce that we are fully staffed. With two office professionals and four agents, we hope to continue to meet the needs of our communities even better as we move forward. Since hiring two agents in the last few months, I've received questions about who does what and what areas they serve.

Who are the agents and what do they do?

Trisha Greene, Community Vitality & District Director focuses on childcare opportunities, early education school programming, and older adult strength training, and works with local PRIDE programs. She handles office administration, personal situations, and yearly budgets along with the programming.

Marissa Hurst – 4-H Youth & Development works with the 4-H program (state & local) and all the participants and their families, fair boards, volunteers, community partners, and additional non-traditional youth participants. Develops and delivers educational programming for school-aged youth.

Jennifer Gleason – Family & Community Wellness develops and delivers educational programs to build healthy, sustainable communities, families, and individuals. Programming may include but is not limited to, strengthening families and individuals; building community capacity; family and community health and wellness; and local volunteer development.

Baley Doggett – Ag & Natural Resources develop and deliver educational programming related, but not limited, to agronomic and livestock production; agricultural economics; management and public policy; horticultural production and management; natural resources conservation; and environmental stewardship.

Jean Huntley – Financial Office Manager handles monthly financials and general administrative support to agents and programming efforts.

Maribel Tovar – Marketing Office Manager handles newspaper and social media communications and general administrative support to agents and programming efforts.

What areas do the agents serve?

We strive to deliver our programming District-wide. Agents work with their Program Development Committees to address different needs in each community. Sometimes we find that the needs or audiences differ from

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Subscribe to our
21 Central
District quarterly
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scanning our
QR code.



Agriculture and Natural Resources Extension Agent



BALEY DOGGETT

Baley Doggett will begin serving as the 21 Central District Agriculture and Natural Resources Extension Agent, effective June 12. 21 Central District has offices in Kinsley and St. John, Kansas. Doggett's primary office is in St. John.

Doggett earned her bachelor's degree in animal science from Fort Hays State University. Most recently, she was employed as a cattle/commodity clerk at Ward Feed Yard in Larned, Kansas.

Agriculture and Natural Resources agents develop and deliver educational programming related, but not limited, to agronomic and livestock production; agricultural economics; management and public policy; horticultural production and management; natural resources conservation; and environmental stewardship.

More information about K-State Research and Extension 21 Central District is available online at 21central.k-state.edu. Contact Baley Doggett via email at: baley@ksu.edu.

21 Central Update continued...

county to county which may vary our programming efforts.

If there's a need in your community that's not being addressed, please visit with one of us. If our office cannot provide the programming or resources you need, we can try to figure out someone that can.

We have office locations in both St. John and Kinsley. Even though agents are housed in certain offices, it does not mean they don't serve your community.



Pictures showing from Babysitting Clinics



Babysitting Clinic

Finding childcare for older kids during the summer can be challenging, as many providers focus on younger children or our children are at a stage where they are too "big" for daycare but too young to stay home alone. As parents, we may be interested in hiring a young teen to help watch our kids during the summer.

Trying to help the issue, Trisha hosted a few babysitting clinics throughout the District. She started at Kinsley High with 18 participants, spent a morning in St. John with 8 participants, and the afternoon with Macksville 7th grade. The participants gained confidence in their ability to care for young children. They learned the basics of babysitting, infants 101, CPR and basic first aid, nutritional meals and snacks, and developmentally appropriate activities. They all left the workshop with a bag of tools, activities, and a certificate to share with families. Trisha hopes to continue to offer this program in the years to come.

St. John Farm & Art Market

The St. John Farm & Art Market started on Thursday, June, 22 from 4 – 6 pm at the square. It will go every Thursday until the middle of August. We hope you will join us for a great evening on the square when you have the produce or projects ready to sell. The St. John Farm & Art Market was started in 2013 through a Great Bend Health Department grant, which collaborated with K-State Research & Extension, Stafford County Health Department, and

Stafford County Economic Development.

All vendors must have an application on file, and follow all rules and regulations about Food Safety for Kansas Farmer's Market Vendors: Regulations & Best Practices Revised 2020.

<https://bookstore.ksre.ksu.edu/pubs/MF3138.pdf>

The 21 Central Extension Office has applications and publications for regulations and best practices.

Kansas Garden Guide



Gardeners rejoice! It's time to plant your favorite produce, or try something new. To help guide you from planning to harvest, the Kansas Garden Guide will help you through the season. Visit the link <https://bookstore.ksre.ksu.edu/pubs/s51.pdf> or scan the QR code.



CHILDCARE UPDATE

Trisha is working with Stafford and Edwards County Committees on additional funding to help with their projects. She's filled out grants with Child Care Aware and the Patterson Family Foundation. Both committees have received this additional funding. Trisha will continue to work with the grant administrators on submitting monthly progress reports and purchasing items.

Edwards County

With a few provider changes, the committee has been hard at work trying to fill space within the county. They currently have space available in Lewis and Kinsley. If interested, please send your resume and three references to edcochildcare@gmail.com.

You will notice new shade structures and playground equipment going up at the modular locations. The new improvements are thanks to the grants mentioned above.



DAYCARE OPPORTUNITY

RUN YOUR OWN BUSINESS W/ HELP & RESOURCES FROM THE ED. CO. CHILD CARE COMMITTEE!

Space for rent to run a daycare!
\$250/month with supplies included at no extra cost.
Space opening August 1.
Interviews taking place now!

Contact us for more information:
edcochildcare@gmail.com
Trisha Greene: 620-385-0212
Krystle Sandman: 620-338-1193



STAFFORD COUNTY

Child Care Committee

IS LOOKING FOR SELF-STARTING AND MOTIVATED INDIVIDUALS

- Own and operate your own daycare
- Have help through the certification process

EMAIL YOUR RESUME AND 3 REFERENCES TODAY!

staffordcochildcare@gmail.com

Stafford County

Progress is slowly being made on the Stafford County Child Care Committee's project in St. John. The sidewalks and off-street parking have been completed. Work is still to be done on the outside play area and lawn.

The committee is still looking for individuals interested in operating their own daycare business in the modular building. The goal is to help more people become daycare providers by offering a low-cost, easily licensable location outside their homes. If you want to operate a daycare out of the facility, send your resume and three references to staffordcochildcare@gmail.com.

Stay Strong, Stay Healthy



Trisha conducted a Stay Strong Stay Healthy Class in Stafford County starting in April and going through May. She had two classes, one in St. John and one in Stafford. Depending on the week, 12-15 participants were in each class.

What is Stay Strong Stay Healthy?
It is an evidence-based strength training program designed for older adults. The eight-week program includes 16 exercise classes that meet twice weekly for one hour.

What are the benefits?

Strength training:

- Increases muscle strength
- Improves balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease

Here's what we do Stay Strong, Stay Healthy

- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- Cool-down stretches

Over the course of the program, you will increase your strength and improve your balance. After the eight weeks, you can continue the strength training program in the comfort of your home or with a group.

This program will be offered in Edwards County from September through November in Lewis and Kinsley. More information to come.

What Can My Children Do at the Fair?



4H Youth & Development

Marissa Hurst

Youth in both counties will have a blast at the county fair this year! Both counties will have medallion hunts, Barnyard Olympics, Tie Dye Shirt making, a pedal pull, and a new 9 Square game! At the Stafford County Fair, youth can enjoy a Spirit Day and inflatable rides! At the Edwards County Fair, youth can enjoy an Egg Drop, a free swim, a scavenger hunt, turtle races, and a whole dedicated to family fun! For more information, take a look at our fair schedules, our Facebook pages, or call one of our offices!

Fair Preparations

Youth in both counties will have a blast at the county fair this year! Both counties will have medallion hunts, Barnyard Olympics, Tie Dye Shirt making, a pedal pull, and a new 9 Square game! At the Stafford County Fair, youth can enjoy a Spirit Day and inflatable rides! At the Edwards County Fair, youth can enjoy an Egg Drop, a free swim, a scavenger hunt, turtle races, and a whole dedicated to family fun! For more information, take a look at our fair schedules, our Facebook pages, or call one of our offices!



Kansas 4-H and Kansas Farm Bureau
PHOTOGRAPHY CONTEST
 CHANCE TO WIN UP TO \$50 AND BE FEATURED IN KANSAS LIVING MAGAZINE!
 Full details and entry form available at:
WWW.KFB.ORG/4HPHOTO

K-STATE Research and Extension | KANSAS FARM BUREAU The Voice of Agriculture



4-H DISTRICT WIDE LOCK-IN

In May, Marissa- with the help of a great committee of youth- planned the District's first annual Lock-In! The lock-in was an overnight stay for our older 4-Hers where they got to eat food (2 grocery carts full!), hang out with friends, and stay up late. This fun event allowed youth from both counties to bond in a non-competitive way. Well, that's not true. The youth committee planned several minute-to-win-it games to play that did involve a lot of fun AND a lot of competition. The youth also participated in a service project where they collected cans for the local food pantry. Overall, everyone had fun and can't wait for this event next year!

Discovery Days

On June 7, 8, and 9 Marissa took six youth from 21 Central District to the 100th Annual Discovery Days. Discovery Days is an event hosted on Kansas State University Campus where youth are intended to have a college experience. Youth stay in the dorms, eat at the dining hall, and walk around campus to their classes in different buildings. There are classes that could encourage them to choose a career path (such as touring the feed mill), classes that teach some of the history of the campus or resources that they could use on campus (such as the Innovation Lab Tour), and some that show other interests that you can discover in college (such as the swing dancing class)! The 6 youth that went this year had a blast!



FINISHED NEW AGENT TRAINING

As of April 25, 2023, Marissa has completed all of her new agent training requirements and is ready to have more time to dedicate to programming in the district with all of the knowledge she learned during said trainings!

KANSAS ASSOCIATION MEETING

April 19th and 20th Marissa attended the Kansas Association of Extension 4-H Agents (KAE4-HA) in Salina. She spent two days growing with colleagues, participating in professional development workshops, and gathering ideas to bring back to the district.



Kansas 4-H Wheat Expo

Tuesday, August 8, 2023
9:00 am - 3:00 pm

Pratt Area 4-H Center
81 Lake Road; Pratt, KS

- Tours
- Wheat Judging
- Foods Contest
- Photography Contest
- Judging Contest



Register at <https://bit.ly/wheatexpo>
by July 25th



Stafford Schools Exhibit

On April 27, Marissa attended the Stafford Schools Exhibit Showcase where youth showed parents, teachers, classmates, and the public the 4-H projects that they have been working on in classes throughout the school year. Marissa attended with 4-H giveaways and more information on how to join the program. This has been a great partnership between the school and our local unit. Marissa hopes to improve the program and keep it thriving for years to come.



Photos from the Stafford Schools Exhibit



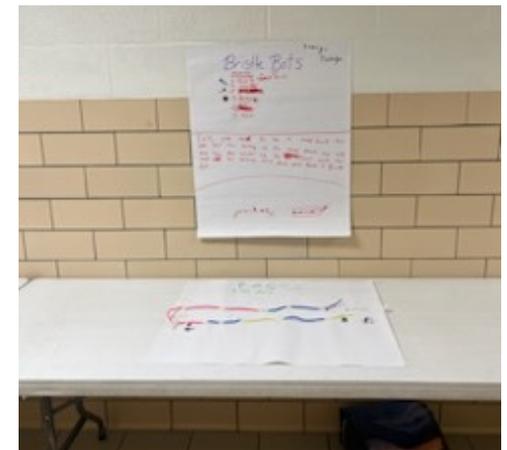
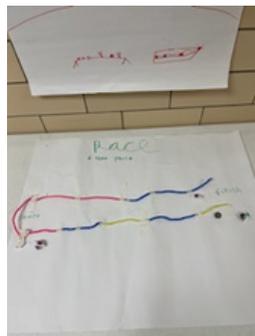
Stafford & St. John Afterschool Programs

In April and May, Marissa hosted the St. John and Stafford Afterschool programs where she taught about fun and healthy movement by playing games outside with chalk. She also taught a visual arts project where the youth made paper plate butterflies. She also taught and provided resources for leadership and team building!



Radio Spots

On June 20, Marissa took 5 youth from Edwards County and 5 youth from Edwards county to Ad Astra Radio in Hutchinson to record promotional clips to play throughout the next couple of weeks before the fair. Make sure to listen to any Ad Astra station to hear our youth!



Phone Scams and Facebook Hacks



Family & Community Wellness

Jennifer Gleason

Ways to spot a scam and how to avoid being a victim.

Phone scammers will always use your emotions to open the door to your bank account. The strongest and easiest emotion for them to use is FEAR. Fear interferes with our ability to think rationally and if it's combined with a sense of urgency, we will act impulsively without thinking about the consequences.

Here are some common fear-based phone scams to be aware of:

1. A phone call telling you that a virus or child pornography has been downloaded on your computer. They will ask for money or gift cards in payment for fixing your computer. No one legitimate will ever call you about your computer unless you have asked them to.
2. A phone call saying your bank account has been compromised and you need to transfer your money to a "safe" account quickly before you lose all your money.
3. A phone call saying a family member has been arrested and needs money for bail.
4. A phone call from someone using a real law enforcement officer's name to tell you that illegal drugs/guns/money have been traced back to you. They tell you to google their name so you know they are "legitimate". They will give you accurate information about the officer they are pretending to be so that you feel safe to give them the information they're wanting. A legitimate law enforcement officer will never call and ask you for money, social security number, bank account info, etc. If you are really in trouble, they will visit you in person!
5. Any phone call saying they are a government agency (i.e., IRS or Social Security) is most likely a scam. If you are concerned that it is a legitimate call, you can hang up and call a publicly posted phone number. Never use a phone number given by the caller to verify their identity.
6. Unfortunately, thieves are also impersonating charities. You should never donate money over the phone. Ask for information to be sent in the mail.

If you get a call like any of those I described, don't say anything and hang up immediately! This is not the time to be polite. Don't give them a chance to create more fear. Call your bank, credit card company, or loved one directly and verify that all is ok.

Here are some of the most common ways you open yourself up to being hacked on Facebook:

1. Taking a quiz: "What kind of animal are you?" "What word describes you?" "What color is your personality?" Quizzes that pop up on your feed are ways people gather personal information about you. You think it's a fun game but it opens a door to your account. Do not ever take any quiz you see on your feed.
2. Copy and Paste posts: You've seen the post that starts "It works!" and tells you to copy and paste that message to "get a whole new feed" or a statement saying "I do not give permission for Facebook to sell my information." Do not copy and paste these posts! First of all, they do nothing to improve your feed or protect your information. They want you to copy and paste the post because it links you to everyone else that copied and pasted and it makes you trackable by the person that started the post.
3. Any post that is from an account you don't know and asks a question for you to answer in the comments or tells you to type "amen" if you agree is another way to be linked and tracked by someone.
4. Clickbait: The term "clickbait" is referring to a salacious headline that piques your curiosity and usually turns out to be false. One of the most common is a post that says, "Look who died!" or will say that a famous person has died giving you a link to read more. When you click on the link you give them access to your account. Resist the urge to click on these articles! If you see an interesting headline, make sure it's from a trusted/mainstream news account before clicking on it.

The bottom line for Facebook: Only interact with your friends, family, or accounts you decided to follow. If a message from a friend seems strange don't open any links or attachments. Just because it shows up in your feed doesn't mean it's safe.



988
 SUICIDE & CRISIS
 LIFELINE

Be a Lifeline

Do you know someone in crisis?

You can be a lifeline and help support them!

Here are five steps you can take that are known to help:

1. **ASK:**
Are you thinking about suicide? How do you hurt? How can I help?
2. **BE THERE:**
In person or on the phone. Show support. Listen. Keep promises to connect.
3. **HELP KEEP THEM SAFE:**
If the person in crisis is suicidal, details matter: Do they have a plan, or ideas about timing or method? You can call 988 to support their crisis care.
4. **HELP THEM CONNECT:**
When someone is in crisis, connecting them with ongoing supports can help establish a safety net. Remind them they can call, text or chat 988 to connect with a trained crisis counselor 24/7.
5. **FOLLOW UP:**
After the immediate crisis is over, check in. That text or call afterwards makes a real difference.



New Agent Lets Our Communities Know About Available Resources In Local Offices



Agriculture and Natural Resources

Baley Doggett

In just a few short weeks since my start date on June 12th, I have already noticed some common needs in the communities. I want to make sure everyone is aware of the services and resources that we offer at both County Extension offices.

First off, we have the materials readily available for all of your soil, water, and forage sample needs. Call ahead or just swing by and we can help explain the process of obtaining samples and provide you with everything you need to collect and package them, give you lab suggestions, or assist in sending them off.

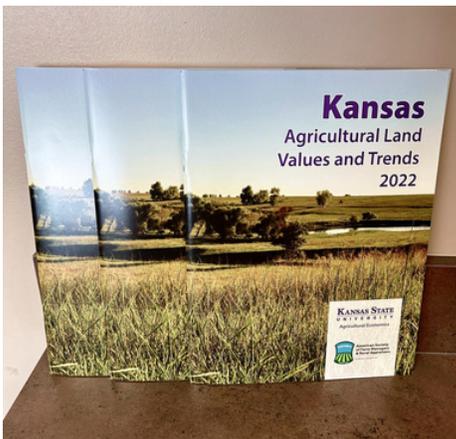
Along with the packaging materials we also offer soil and hay probes to be checked out. This is a great resource if you do not own one yourself. Just stop in and simply fill out a check-out sheet, take the probe with you, and bring it back within a few days once you are finished using it.

I have had several inquiries about prices for various agriculture-related areas. As your research and extension office, we have many resources available to help answer those questions you may have or give you a good starting point. Various surveys are done every other year to collect information by region on custom farming and haying rates, land leasing rates, etc.

Books:

We do still have some 2022 Land Values and Trends books available, this book is broken up by region and county and gives some valuable information on land data here in our counties.

In the next several months the 2024 Wheat Varieties for Kansas and the Great Plains books will be published and available for purchase.



Kansas Agricultural Land Values and Trends 2022



Resources in office to take for Water Samples to send off to an area location for more studies



Fill Out Information Sheet

Information sheets are available at your local K-State Research and Extension office or at agronomy.k-state.edu/soiltesting.

1. Fill in the general information section at the top.
2. Fill in as much of the information as possible for accurate lime and fertilizer recommendations at ions.

Be sure to:

- Indicate which tests are desired using the chart on the information sheet (see the listing of available soil tests on the Soil Testing Lab website for more information).
- For crops, indicate the intended crops, yield goals, and the previous crop.
- In the space for remarks, note any special conditions that might exist so the person making the recommendation can understand your field, lawn, or garden.

Testing Area	Sampling Frequency	Sampling Time	Sampling Depths	Testing Packages
Lawn	Every 3 to 4 years	Any	0 to 3"	Package 1, Package 2
Garden	Every 3 to 4 years	Any	0 to 8"	Package 1, Package 2, Environmental Package, Salt Alkali, CEC
Permanent sod	Every 2 to 4 years	Fall or spring	0 to 4"	Package 1, Package 2, Environmental Package, Salt Alkali, CEC
Row crops	Immobile – every 2 to 4 years Consistent time in rotation	Fall or spring	0 to 6"	Package 1, Package 2, Environmental Package, CEC
	Mobile – before responsive crops	Late fall or early spring	0 to 24"	Profile, Environmental Package

*NOTE: For Mobile Test (M, C, S, S4), the best time to test is every year pre-plant for cool season crops, or before soil warms up in the spring for row crops.

Shipping Samples to the Soil Testing Lab

Samples may be left at your local K-State Research and Extension office to be forwarded to the lab (postage and handling may be charged). Samples also may be sent directly to the lab by placing them in a shipping container or wrapping them in heavy paper. Include information sheets with the package. Label the shipping container and close it securely.

Mail package to:

KSU Soil Testing Lab
2308 Truckman Plant Sciences Center
1712 Claflin Rd
Kansas State University
Manhattan, KS 66506-5503

Contact the Soil Testing Lab at 785-532-7897 or check the website for shipping label options.

Payment may be made for analysis by check or debit/credit card via telephone or at our website. Please do not send cash. We are not responsible for cash sent in the mail.

Soil Testing Laboratory

Analysis

The Kansas State University Soil Testing Laboratory offers many services to homeowners, agricultural producers, and researchers throughout Kansas and the Midwest. The lab specializes in:

- Soil testing.
- Plant, forage, and grain analysis.
- Water analysis.
- Lime analysis.

Benefits of Soil Testing

A soil test provides information about the basic fertility of soil. It is the starting point for determining how much and which fertilizers to use. Soil testing can help produce better crops, lawns, and gardens, as well as save money and prevent runoff of excess nutrients.

When to Sample and What to Test

Levels of immobile nutrients in the soil tend to change gradually over time. This means fertilizer needs can be predicted for several years from a single soil test for immobile nutrients. Test for mobile nutrients such as sulfate, nitrate, and chloride before responsive crops are planted. Soil samples for routine testing should be collected in the late fall or early spring before significant mineralization has occurred.

If a nutrient problem is suspected, additional sampling is appropriate. The table inside this brochure suggests different sampling depths, testing packages, and frequencies that are appropriate for different situations.

Soil Tests

A listing of the soil analysis offered is available at agronomy.k-state.edu/soiltesting. Recommended tests have been combined into the following packages. Read the description of each test and mark the tests you desire on the information sheet. Any individual analysis can be ordered or added to any package.

Package #1 – Routine Fertility

Use this package where crops grow normally, but you want to know lime and fertilizer recommendations for optimum plant growth. The test includes pH, buffer pH on samples with a pH of 6.4 or less, available phosphorus, and exchangeable potassium. This test is adequate on a majority of the soils in Kansas, including lawns and gardens.

Package #1 plus CEC

This package is recommended for a better evaluation of soil fertility characteristics and potential. Cation exchange capacity is a measure of the soil's ability to hold positively charged ions. This value provides an indication of nutrient availability.

Package #2

Use this package in areas that have lost topsoil to erosion, terracing, or irrigation leveling, yet have a high yield potential for corn or soybeans. Sandy soils that are low in organic matter with high yield conditions also should be checked for zinc.

Soil Sample Collection

Test results are as reliable as the sample collected in the field. Proper collection of soil samples is required to obtain a good test result.

1. To take the sample, you need:
 - A sampling tube, auger, or spade.
 - A clean plastic pail.
 - Soil sample containers (such as pint-size plastic bags or a soil sampling bag).
 - Soil information forms from your local K-State Research and Extension office or agronomy.k-state.edu/soiltesting
2. Draw a map of the sample area on the information sheet and divide your fields into uniform areas. Each area should have the same soil texture, color, slope, and fertilization and cropping history.
3. From each area, sample at 15 to 30 cores or slices. Mix thoroughly in a clean plastic pail and fill your soil sample container from this mixture so there are about 2 cups of soil. Row crops should be sampled at 6 inches deep and permanent sod at 4 inches. For available nitrogen, chloride, or sulfur tests, a 24-inch sample is necessary.
4. Avoid sampling in old fence rows, dead furrows, low spots, feeding areas, or other areas that might give unusual results. If information is desired on these unusual areas, obtain a separate sample.
5. Label the soil container clearly. Record the sample identification on the container and information sheet.
6. Repeat the sampling procedure for each area you want tested.

Environmental Package

(pH, buffer pH, phosphorus, potassium, zinc, copper, with paired surface and subsoil profile nitrate nitrogen, and profile chloride)

Use this package for soils that have, or will have, heavy manure applications. Accumulation of nitrates, phosphorus, and heavy metals may occur in these soils.

Salt Alkali

(electrical conductivity, % sodium, pH)

Use this package for soils with potentially high salt content, which may affect plant growth.

Profile Package

(profile nitrate nitrogen, sulfur, and chloride)

This package is recommended for soils that might have residual inorganic nitrogen. For an accurate estimation of profile nitrogen, sulfur, and chloride, sample at depth ranging from 0 to 24 inches. Continuous heavy applications of commercial nitrogen fertilizer or heavy rates of manure may result in residual available nitrogen, especially where yields have not been proportional to the applied nitrogen. Under summer fallow, nitrogen may accumulate. This information improves nitrogen recommendations. The samples must be air-dried within 24 hours to stop microbial activity. Spread the sample on a clean sheet of paper or plastic to dry before sending the sample to the laboratory.

Fields in central Kansas that do not have a history of potassium chloride application are most likely to respond to chloride applications. Wheat, corn, and sorghum are considered responsive to chloride.

Sulfur deficiencies are most likely on sandy soils that are low on organic matter.

CLICK THE LINK FOR A PDF COPY

[HTTPS://WWW.AGMANAGER.INFO/MACHINE/RY/PAPERS/CUSTOM-RATES-SURVEY](https://www.agmanager.info/machine/RY/PAPERS/CUSTOM-RATES-SURVEY)

2022

RATES PAID BY KANSAS FARMERS FOR CUSTOM WORK

Kansas Department of Agriculture
In Cooperation with
Kansas State University Land Use Survey Office

KANSAS CROP REPORTING DISTRICTS

STAFF & OFFICE INFORMATION

21 CENTRAL DISTRICT STAFF

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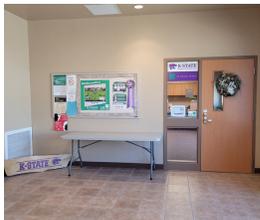
OFFICE LOCATIONS



212 E 6th St
Kinsley, KS 67547
Hours: Monday - Friday
8 am to 5 pm
p. 620-659-2149



210 E 3rd
St John, KS 67576
Hours: Monday - Friday
8 am to 5 pm
p. 620-549-3502



Hours are subject to change
and lunch hours excluded

Find us on the web at
www.21central.k-state.edu

Facebook at
<https://www.facebook.com/KSRE21Central/>

Find us on 



Fiesta Stuffed Peppers

SERVES: 6

1 Tbsp. olive oil	¼ cup salsa
1 small onion, diced	1 cup chicken broth
2 cloves garlic, minced	1 ½ cups cooked brown rice
1 lb. ground turkey	3 red peppers
½ tsp. salt	6 Tbsp. shredded Cheddar cheese
1 tsp. ground cumin	

Preheat the oven to 400° F. In a medium skillet, heat olive oil over medium heat. Add onion and garlic and cook about 2 minutes. Add ground turkey, salt, and cumin. Cook for 4-5 minutes or until the turkey is completely cooked through. Add salsa and ½ cup of the chicken broth to the turkey mixture and simmer on low for 5 minutes. Add the cooked rice and remove from heat. Prepare the peppers by cutting each in half lengthwise and removing the seeds. Spoon turkey and rice mixture into each pepper half and place in a rimmed baking dish. Top each with 1 tablespoon cheese. Pour the remaining chicken broth in the bottom of the pan. Cover with foil and bake for 45 minutes.

NUTRITION INFORMATION: 266 calories, 17 g protein, 17 g carbohydrate, 14 g fat, 504 mg sodium, 3 g fiber

Did you know?
Red bell peppers are simply green bell peppers that have been left on the plant to continue to ripen.

Recipe RESOURCE: Farmer's Market Cookbook

IMPORTANT DATES

July 1:	4-H Pre-Entries due for EDCO fair
July 11:	Open Class Pre-Entries Due SFCO
July 11-15:	Stafford County Fair, Stafford
July 18:	Open Class Pre-Entries Due EDCO
July 18-22:	Edwards County Fair, Kinsley
August 8:	4-H Wheat Expo, Pratt



K-STATE
Research and Extension

21 Central
District