



K-STATE
Research and Extension

Cowley County

Making a Difference

January - March 2021



Expanding the team

Nine community members are part of Cowley County’s new Extension Master Gardener program. Donating time in return for horticultural training, Extension Master Gardeners help local agents meet the need for horticultural information in their communities. Watch for more horticulture programs to be offered throughout Cowley County.

Sarah LaGrone joined the team in February as a 4-H Program Assistant. She was raised on the Tatum farm and ranch in rural Cowley County. She was involved in various 4-H projects including showing pigs, cattle, dairy cattle sheep and rabbits. Her interests are varied and include creative outlets such as photography, arts and sewing.

Ruth Bumgarner is the SNAP-Ed Nutrition Educator. Ruth has lived in the Winfield community since graduating from Southwestern College in 2006. She has a long history of collaborating with KSRE Cowley County through her previous work experience with the City-Cowley County Health Department and William Newton Hospital. Ruth enjoys reading, baking, and bicycling with her husband and two kids.

We are excited to expand the impact of K-State Research and Extension.

Making it happen...

Ruth Bumgarner
SNAP-Ed Nutrition Educator

Becky Reid
Family and Consumer Sciences

Sarah LaGrone
4-H Program Assistant

Cindy Stephens
Office Professional

Kelsey Nordyke
Agriculture and Natural Resources

**2021 Cowley County
Extension Council
Executive Board**

Beau Bailey, CD, Chair
James Jirak, CD, Vice Chair
Kacey Preston, FCS, Secretary
Bill Mueller, ANR, Treasurer
Will Abernathy, CD
Jessie Bradley, 4-H
Phillip Bruce, ANR
Kent Miller, ANR
Brett Thomson, 4-H

*ANR - Ag & Natural Resources
CD- Community Development
FCS- Family & Consumer Sciences
4-H - Youth Development*

*Knowledge
for Life*

K-State Research and Extension is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Ernie Minton, Interim Director.

Agriculture and Natural Resources

Supporting Local Agriculture

Farm Succession Workshop

Participants: 53

Partners: Cowley College, Legacy Foundation, RCB Bank, AgriLegacy, Community National Bank and Trust, Kent Miller, CPA

Roger McEowen, Professor of Agricultural Law and Taxation, Washburn University shared key concepts for a successful transition, estate planning, entities and entity structuring, income tax issues and selected issues associated with like-kind exchanges in order to help keep farms/ranches in the family moving into the future.



Calving School

Participants: 72

Partners: KSU Department of Animal Science, Winfield Livestock Auction

Dr. AJ Tarpoff, KSU Extension Beef Veterinarian shared general calving knowledge along with a hands-on demonstration on the cow model to show techniques for calving assistance. Producers learned the stages of parturition along with how to prepare for calving issues. The majority of producers indicated that the tools shared with increase the profitability of their operation.

Milo Production Workshop

Partner: Kansas Grain Sorghum Commission

Participants: 38

Cowley County experienced a decline in milo acres planted over the last five years, but acres are projected to be increased significantly for 2021. Producers were interested in learning about new practices in milo production. Specialists shared about planting/cultural practices, sorghum yield gain management, fertilizer programs, weed control and scouting for insects.

Extension Master Gardener Community Outreach

Partners: Winfield Public Library, Gottlob Lawn and Landscape

Participants: 9 Master Gardeners, 29 community members

K-STATE
Research and Extension

Master Gardener

Extension Master Gardeners assembled 55 grab and go kits with green bean and nasturtium seeds, soil and newspaper pots. They also developed instructions, promotional materials and educational videos (distributed on YouTube). The kits were distributed through the Winfield Public Library. As of April 1, 29 of 55 kits have been picked up and the instructional video has been viewed 13 times.

Family and Consumer Sciences

Enhancing Community Health

Utilizing Technology for Popular Programs

Partners: Trinity Lutheran School, K-State's Global Campus

Participants: Wheat Science (tortilla making): 23 youth; Dining with Diabetes Online: 5 adults

Wheat Science is a popular request for Kansas Day school celebrations. Supplies were delivered to the school and the lesson was delivered via Zoom. Each youth made two tortillas and learned how flour is made from Wheat.

Five adults have participated in the newly released **Dining with Diabetes Online** course. All learned new skills and ways to utilize the new learning platform. The course allows learners to participate at their own pace from the comfort of their own home.



Double Up Food Bucks Coming Soon!

Cowley Farmers Market Association has completed the process to offer Double Up Food Bucks at the Ark City Farm and Art Market and Walnut Valley Farmers Market.

SNAP card users can double their benefits up to \$25 per market visit in extra tokens to be used only for locally-grown fruits and vegetables. DUFB goes along with the market's regular SNAP (EBT) card program. When customers use their EBT card to shop at the market, they get a dollar-for-dollar match in DUFB tokens, up to

\$25 per market day. Funding for this program is from a USDA grant to the Mid-America Regional Council. Extension staff will promote this program to customers and vendors.

SNAP-Ed Program Outreach

Partners: Winfield Middle School, Commodity distribution sites, schools and health/human service providers

Ruth Bumgarner presented several virtual lessons to Winfield Middle School classes. Supplies were delivered to the school so youth could participate in hands-on activities to reinforce the topic.



Ruth and Becky also met with numerous community partners to make plans for the summer and FY22 SNAP-Ed program proposal. SNAP-Ed and SNAP are funded by USDA's Farm Bill. Cowley County has 1960 households receiving food assistance, the 10th highest in Kansas.



4-H Youth Development

Developing a Positive Self-Concept

4-H Days- Fligrid experience

Participants: 23 youth

23 Cowley County 4-H'ers presented their skills and talent via uploading videos to Flipgrid. Judges viewed the recordings and provided written or video feedback. Members will continue to have opportunities to upload presentations using this format to help them improve presentations skills. Ribbons are awarded from Top Blue to White.

Lifeskills: Goal setting, leadership, planning/organizing, critical thinking, problem solving, communication.



Virtual Youth Programs

An online **Photography 101** Zoom series was offered on Tuesday in March via Zoom to any youth. Participation ranged from 4-9 attendees with some who were new to the 4-H youth experience.



Entrepreneur Club has been offered via Zoom to youth interested in selling or growing their own products. Abigail Reid, 4-H junior leader, has led the sessions as part of her leadership experience. Youth will be invited to sell their products at a collaborative booth at local farmers markets.

4-H Clubs have met via Zoom. Creative activities have included scavenger hunts, show and tell, and porch drop offs with supplies to keep youth engaged. Many youth shared thank you notes and small gifts to community members in mid-March during 4-H Supporters Week.

LIVESTOCK JUDGING

Participants: 13 youth

Bi-weekly livestock judging practices give youth the tools that they need to evaluate livestock for their project selection as well as to learn about the industry. Volunteer/4-H Program Assistant, Sarah LaGrone coordinated a winter workout where she and I instructed youth on how to make a selection and placing for classes, what to look for with Breeding and Market Swine and Beef.

Lifeskills: learning to learn, communication, decision making, problem solving, critical thinking.

