



K-STATE
Research and Extension

Cowley County

Making a Difference

January - March 2019



Farm to Fork Education

The Cowley County Extension team is visiting local schools to help elementary youth learn where their food comes from. This four part series provides lessons about the food cycle, plant anatomy, chick embryology, cooking and food safety with hands-on activities.

Each participating classroom adopts an incubator with eggs and anxiously awaits hatching events after 21 days. Students also make “egg in a bread basket” to reinforce that food comes from plants and animals - before it arrives at the grocery store.

To date, over 100 elementary students at Dexter, Udall, Country View, and Whittier Elementary Schools have participated in the program. Lifeskills emphasized include learning to learn, critical thinking, goal setting, contribution to the group effort, nurturing relationships, concern for others, communication, planning and organizing.



Making it happen...

Kelsey Nordyke
4-H Youth Development

Elizabeth Espino
Agriculture and Natural Resources

Becky Reid
Family and Consumer Sciences

Cindy Stephens
Office Professional

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*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

Keeping Producers Informed

Beef Quality Assurance

Partners: Winfield Livestock Auction, Beef Quality Assurance, Kansas Beef Council

Participants: 100+

Beef Quality Assurance (BQA) Training and Certification was hosted by BQA and Kansas Beef Council. Dr. AJ Tarpoff, KSU Veterinarian, spoke on animal husbandry best management practices and other topics.



Keith Murrow from Pheasants Forever speaks about wildlife habitat during prescribed burns.

Prescribed Burn Workshop

Partners: National Weather Service (NWS), NRCS, Pheasants Forever, Tisdale United Methodist Church

Participants: 16

The Prescribed Burn workshop was facilitated by Walt Fick, K-State Research and Extension Range Management Specialist and included weather conditions presented by Mick McGuire, NWS, a producer panel and insight from local NRCS office personnel. Participants had a great discussion and the overall feedback was productive.

Horticulture Therapy

Partner: Four County Mental Health

Participants: 15

Horticulture Therapy is rising in popularity in many institutions. K-State has offered degrees in this field since 1971. Four County Mental Health invited Elizabeth to give an informative discussion on the benefits of this practice as well as proper succulent care. Participants were able to interact with plants and soil for a better understanding of this common practice commonly known as “Dirt Therapy”.

Reaching New Audiences

Farmers Market Support

Partners: Walnut Valley Farmers Market, Ark City Farm and Art Market

K-State Research and Extension Ag and Family and Consumer Science agents are working closely with local farmer market coordinators with organizational structure and new marketing strategies. We are reviewing grant and other logistics to expand community access to fresh fruits and vegetables. Exciting opportunities are in the works to enhance local farmers markets!



Four County Mental Health staff enjoy potting their plants with soil and learn about the benefits of horticulture in a therapeutic setting.

Family and Consumer Sciences

Enhancing Community Health

Sitter Solutions

Partner: City of Arkansas City

Participants: 26 (17 Winfield; 9 Arkansas City)

K-State Research and Extension Cowley County is the only agency in our community that offers a beginning babysitting class for ages 11-14. The course provides hands-on opportunities for youth related to problem solving and basic child care skills - including diapering on live babies and basic first aid.



Stay Strong, Stay Healthy

Partners: William Newton Hospital Healthways, Sumner County Extension, The Friendship Center (Oxford)

Current Participants: 27

The 8 week Stay Strong, Stay Healthy course continues to reach new audiences to help older adults with strength training to prevent falls. A Level 1 class is currently being co-hosted with Sumner County Extension in Oxford while a Level 2 class is being offered in Winfield. To date, over 100 community members have participated in the course.

SNAP-Ed (Supplemental Nutrition Assistance Program)

Partners: Department of Children and Families, Winfield Middle School

Participants: 160+ youth

Cowley County's SNAP-Ed program delivers direct education to the Everyday Wellness Class at Winfield Middle School. The presentations are repeated each quarter to a new group of 6th grade students. A new program assistant - Renu Shrestha - began work on March 25, 2019 and will expand programs to adult audiences. The position is funded by SNAP-Ed (through the Farm Bill).



RISE Cowley is the community health coalition that has received a **Pathways to a Healthy Kansas** grant from Blue Cross Blue Shield of Kansas. Becky is co-chair of the Restaurant/Food Retail subcommittee and is serving as chairperson of the coalition. Activities implemented in 2019 include monthly coalition meetings at alternating sites and community conversations scheduled for multiple communities.

4-H Youth Development

Developing a Positive Self-Concept

Cowley County 4-H Day

Participants: 66 youth, 50 adults

66 Cowley County 4-H'ers presented their skills and talent at 4-H Day Saturday, February 10. The event was held at Winfield Middle School and gives youth the opportunity to share a musical or dramatic talent, participate in public speaking contests and share information about their projects. Local judges evaluated the members' performances and awarded a ribbon from Top Blue to White.

Members have the opportunity to showcase projects, gain leadership skills and provide learning to others by hosting project booths throughout the day.

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



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Developing an Inquiring Mind

Youth for the Quality Care of Animals (YQCA)

Participants: 10 youth

Youth learned food safety, animal well-being and character development through hands-on training in quality assurance. Members who intend to exhibit at the Kansas State Fair or the Kansas Junior Livestock Show are required to have training in YQCA.

Lifeskills: Goal setting, problem solving, keeping record, wise use of resources, critical thinking, nurturing, marketable skills, health lifestyle choices, disease prevention.

