



From Farm to Fork



Southwind District 4-H members grow up to be the lifeblood of the livestock industry in Southeast Kansas. In fact, the value of Livestock to the state of Kansas is over 4 billion dollars each year! To teach youth how their 4-H livestock projects go from the farm to our fork, animals become food products, a 4-H Meat Tour was organized in the Southwind Extension District in March of 2016. 4-H members from across the district visited two local meat lockers and a butcher shop. The day began with a tour of the Erie Locker, in Erie, Kansas. 4-H participants witnessed a beef carcass being processed and hamburger patties being made. The manager explained how he started his business and the types of customers who utilize his services. From there, 4-H members took a tour of the Bronson Locker, in Bronson Kansas, where participants toured the facility and learned the history of a multi-generational meat processing family. The tour finished up in Fort Scott, Kansas at The Butcher Block, a newly opened store specializing in locally raised and produced meats. 4-H members who participated now have a better understanding of the processes in which farm animals go through to become the food that feeds the world.

STEM and Gifted Program

In April, 27 students from area gifted programs participated in a program day at the Chanute Recreation Center. Youth were encouraged to work as a team to complete various challenges. District Agent, Jennifer Murphy facilitated a STEM activity about Wind Wagons. Students learned about the impact of these wagons on Kansas History and were then encouraged to design their very own wind wagon. Once the group was divided into smaller groups of three, they were provided a blank piece of paper to draw their design. Students then received a gallon bag of materials to build with. The materials consisted of cardboard pieces, straws, buttons, string, plastic, and about three feet of masking tape. The building process was great for the team to discuss ideas and be resourceful in decisions. After a great deal of time, completed wind wagons were put to the test with the Prairie Wind Center (a three-speed box fan). Some wind wagons were successful and others were not. Those struggling with take-off were posed questions to help them through the Engineering Design Process. Students of the wagons that went the greatest distance were not satisfied and made alterations to the design. They became so involved that it was difficult to get the students to clean-up when time was up. Both teachers and students enjoyed the activity.



Stay Strong, Stay Healthy



As people age, poor balance and flexibility contribute to falls and broken bones. These fractures can result in significant disability, and, in some cases, fatal complications. Strengthening exercises, when done properly and through the full range of motion, increase a person's flexibility and balance, which decreases the likelihood and severity of falls.



Stay Strong, Stay Healthy (SSSH) is an eight-week exercise program for older and sedentary, middle-aged adults. The goal of this evidence-based program is to improve health and quality of life through strength training. Instruction is provided by trained and certified K-State Research and Extension Southwind District Agents. Sessions meet for one hour, twice a week and include warm-up exercises, simple strengthening exercises with or without weights and cool-down stretches. A day of rest is scheduled between exercise classes. Participants are encouraged to do the exercises on their own one other time during the week.

Over the eight weeks, participants learn the exercises and begin to improve strength and balance. Pre and post fitness assessments are completed with each session. During the first session, participants improve their endurance, flexibility, and balance. Those who continue, may improve while others maintain endurance, flexibility, and balance. Participants have reported:

Not sore from doing a big outdoor chore.

Balance is better- no longer has to hang on to something when putting pants on.

I feel better no matter what it says.

I feel less stiff when I stand up from sitting.

I am able to get up off the floor from vacuuming under beds without hanging on to something.

Growing and Cooking with Herbs

Finding ways to add flavor and seasoning to food without additional salt is an important topic for consumers. One way to enhance flavor and taste without added salt is through the use of herbs. Herbs are versatile plants that can be used for natural seasoning for any cook. With the realization that fresh herbs have more distinctive tastes than some dried herbs, many gardeners are interested in trying their hand to grow their own. The Southwind Extension District held herb workshops in Chanute, Iola and Fort Scott to help close to 80 residents hone their herb growing and culinary skills. The District Horticulture Agent and District Nutrition Agent collaborated to offer workshops that would be of interest to those who grow and prepare their own food. Participants learned herb garden design, care and maintenance, preservation and culinary uses. In addition, live herbs were on display so participants could see and smell the different aromas. A cooking demonstration using herbs was also held where participants learned how to pair herbs with different foods.



Poultry Management

The commercial poultry industry is one of the largest users of feed grain in the United States and the potential for commercialization in Kansas is high. In the past eight years, expansion has occurred in the commercial egg area, turkey production, and most recently in the area of replacement pullet production. Economic development opportunities through the poultry industry could bring additional jobs, use Kansas grain, and reverse the rural outflow of the labor force. To help meet the educational needs of the Southwind Extension District poultry producers, K-State Research and Extension Poultry Specialist Dr. Scott Beyer recently addressed a great crowd in Iola, Kansas at a Poultry 101 program. Topics of this program include bird health, selection, nutrition and housing for layers and broilers.

Southwind Extension District

Erie Office: 111 South Butler, Erie, KS 66733 (620) 244-3826

Fort Scott Office: 210 South National, Fort Scott, KS 66701 (620) 223-3720

Iola Office 1 North Washington, Iola, KS 66749 (620) 365-2242

*Knowledge
for Life*