

www.geary.ksu.edu

Geary County

K-State Research and Extension News

Knowledge for Life

Ask the Agent

Q: Aren't sweet potatoes and yams the same thing?

A: No. Sweet potatoes are in the morning glory family and native to North America. Sweet potatoes are grown in many parts and likely date back to prehistoric times, likely originating in Peru and Ecuador. In many parts of the world, sweet potatoes are grown for their edible leaves, as opposed to the sweet tubers with which we are more familiar in the U.S. Known as the "vegetable indispensable," sweet potatoes were a main source of nutrition for early homesteaders and revolutionary soldiers. That sweet, orange-colored root vegetable that you love so dearly is actually a sweet potato. Yes, all so-called "yams" are in fact sweet potatoes. Most people think that long, red-skinned sweet potatoes are yams, but they really are just one of many varieties of sweet potatoes.

For more information call the Geary County K-State Research and Extension office at:

785-238-4161



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www.ksre.ksu.edu

A Tough Topic

January 2017

January is Slavery and Human Trafficking Prevention Month:

Human trafficking is a tragic, demoralizing, and often hidden crime that occurs throughout the United States, in Kansas, and likely in your own community. The National Human Trafficking Hotline-Kansas website reported that as of October 28, 2016 there were 159 calls made to the Kansas hotline and 40 human trafficking cases reported this year. Of those reported, 15 involved victims who were minors.

Human trafficking is a form of modern-day slavery in which traffickers use force, fraud, or coercion to control victims for the purpose of engaging in commercial sex acts or labor services against his/her will. **Sex trafficking** has been found in a wide variety of venues within the sex industry, including residential brothels, escort services, fake massage businesses, strip clubs, and street prostitution.

Labor trafficking has been found in diverse labor settings including, domestic work, small businesses, large farms, and factories.

Traffickers prey on victims with little or no social safety net. They look for victims who are vulnerable because of their illegal immigration status, limited English proficiency, and those who may be in vulnerable situations due to economic hardship, political instability, natural disasters, or other causes.

Recognizing key indicators of human trafficking is the first step in identifying victims that can help save a life. Here are some common indicators to help recognize human trafficking:

- Does the person appear disconnected from family, friends, community organizations, or houses of worship?
- Has a child stopped attending school?
- Has the person had a sudden or dramatic change in behavior?
- Is a juvenile engaged in commercial sex acts?
- Is the person disoriented or confused, or showing signs of mental or physical abuse?
- Does the person have bruises in various stages of healing?
- Is the person fearful, timid, or submissive?
- Does the person show signs of having been denied food, water, sleep, or medical care?
- Is the person often in the company of someone to whom he or she defers? Or someone who seems to be in control of the situation, e.g., where they go or who they talk to?
- Does the person appear to be coached on what to say?
- Is the person living in unsuitable conditions?
- Does the person lack personal possessions and appear not to have a stable living situation?
- Does the person have freedom of movement? Can the person freely leave where they live?



Although victims can be men or women, old or young, children and young adults without safe, stable family relationships are uniquely vulnerable.

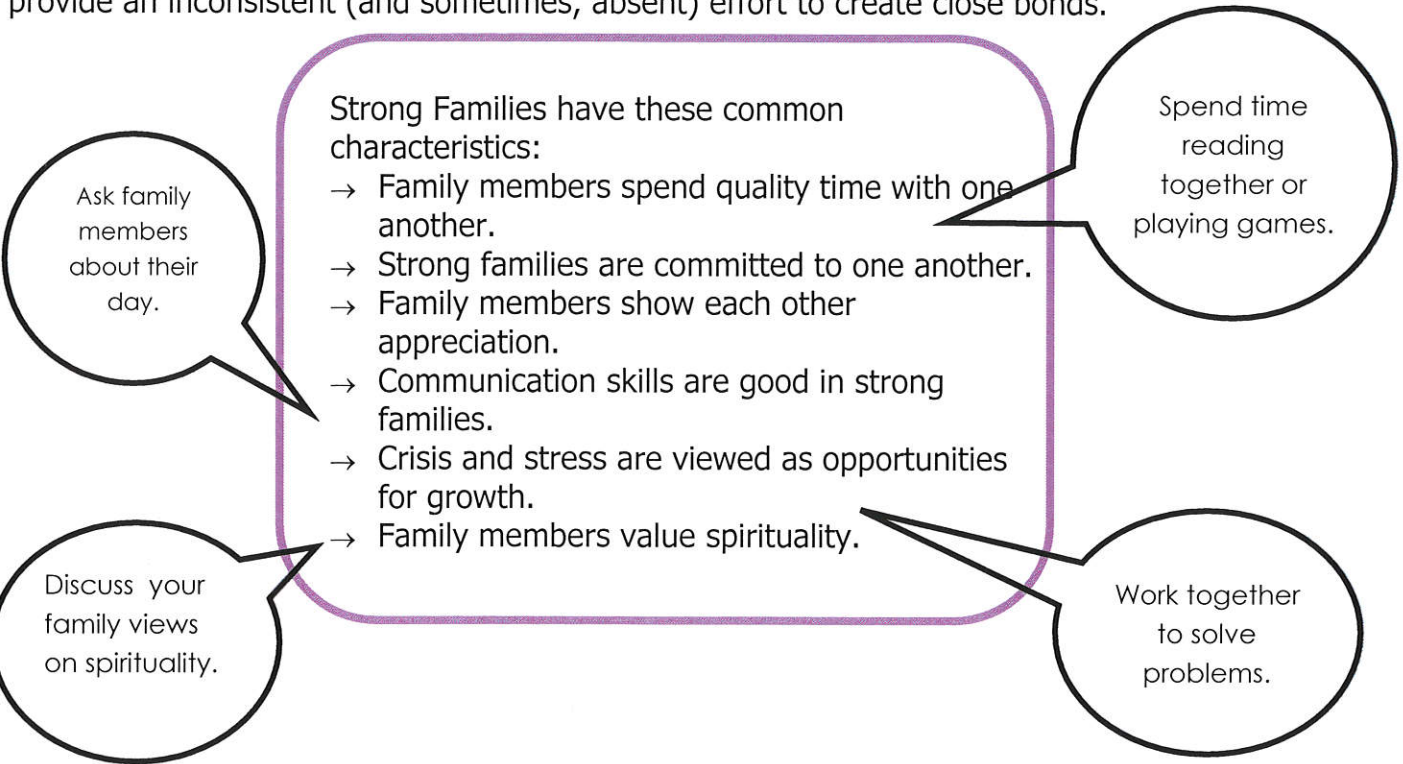
Human trafficking is the second largest criminal industry in the world. Kansas is considered an originating state for human trafficking—meaning our Kansas kids are at risk...

The indicators listed are just a few that may alert you to a potential human trafficking situation. No single indicator is necessarily proof of human trafficking. If you suspect that a person may be a victim of human trafficking, please call the National Human Trafficking Hotline, 24 hours a day, 7 days a week at 1-888-373-7888. Trust your judgment. If a situation/individual makes you uncomfortable, trust that feeling. For more information about what Kansas is doing to address this alarming threat, go to <http://ag.ks.gov/public-safety/human-trafficking>

Building Strong Families

As noted on the cover story, children and young adults without safe, stable family relationships are uniquely vulnerable to human trafficking. Building and supporting the basic unit of society—our families—is key to diminishing this environmental vulnerability. A strong family builds resiliency in its members while providing the support needed for making it through life's toughest challenges.

Research conducted by the Search Institute of Minneapolis, MN supports the idea that building a strong family unit begins first in the home. Families that seek out and consistently provide opportunities for the family to be engaged as a unit show greater strength than those that provide an inconsistent (and sometimes, absent) effort to create close bonds.



It's a New Year—Have You Started Your 2017 Emergency Fund?

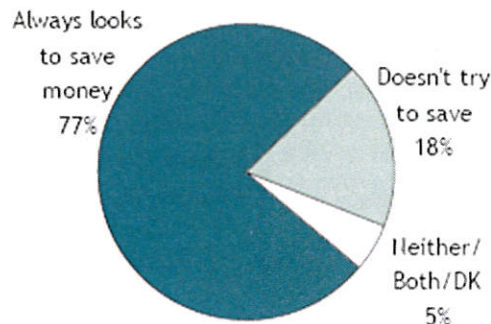
If you haven't you're not alone. About one-third of Americans haven't set up an emergency fund. As a result, these families don't have sufficient savings to pay for unexpected expenses, according to a recent survey by the Consumer Federation of America and American Savings Education Council.

An emergency fund is designed to help your family cope with the curveballs life throws your way. Depending on which financial planning philosophy you subscribe to, the emergency fund is described as a reserve of three to six months of expenses that you set aside to cover any sudden costs such as an extended illness, car wreck or failed furnace.

Money Matters

Most Are Always Trying to Save...

Which kind of person are you?



PewResearchCenter

Need help getting started?

Dave Ramsey, founder of Ramsey Solutions, offers 4 quick start steps for building an emergency fund:

- 1) Sell something—maybe the camper that has been in your back yard or the extra car you really could live without.
- 2) Find one-time income opportunities—house-sit for a friend or watch their kids when they work weekends.
- 3) Get a second job—if you don't want to give up the extra car, put it to work delivering pizza!
- 4) Make cuts to your budget— Search for spending that might qualify as non-essential. How much are you spending on carry-out meals, or daily coffee shop stops, for example?

Orange and Yellow = Better Beta

Sweet potatoes, especially orange and yellow sweet potatoes, are an excellent source of vitamin A in the form of beta carotene. Vitamin A is important for its role in eye health, as it improves night vision and decreases the risk of macular degeneration and cataracts. Vitamin A also supports immune function and can help fight off infection. Sweet potatoes also provide high amounts of vitamin C, a nutrient that protects against damage from free radicals that cause cancer. As such, sweet potatoes can help prevent both chronic diseases and infections, thus promoting good health throughout life. One plain baked medium sweet potato has close to 4 grams of fiber and about 100 calories.

Storing & Cooking Information

Handling: Handle sweet potatoes carefully to prevent bruising. Wash before using. Cut off any brown spots before using.

Storing: Storage in a dry, unrefrigerated bin kept at 55-60 degrees F. is best. Do not refrigerate, because temperatures below 55 degrees F will chill this tropical vegetable giving it a hard core and an undesirable taste when cooked.

Freezing: Cooked sweet potatoes store well in an airtight container in the freezer.

Source: www.nesfp.nutrition.tufts.edu

Sweet Potato Biscuits

Ingredients

1 cup unbleached white flour
1 cup whole wheat pastry flour
1/2 tablespoon baking powder
3/4 teaspoon baking soda
3/4 teaspoon sea salt
1/4 teaspoon black pepper

3 cups sweet potatoes, peeled and cut into 1-inch chunks
3 tablespoons freshly squeezed lemon juice or vinegar
2 tablespoons maple syrup
1/3 cup olive oil
1/2 cup water
1 cup soy milk or cow's milk

Directions

Preheat the oven to 350 degrees F.
Steam sweet potatoes until soft, about 20 minutes, and allow to cool.
In a large bowl, whisk together flours, baking powder, baking soda, salt and pepper.
Puree sweet potatoes, lemon juice, maple syrup, olive oil, water, and milk.
Fold sweet potato puree mixture into dry ingredients.
Lightly grease 2 cookie sheets with non-stick spray.
Place 1/2 cup scoops of batter 3 inches apart on the cookie sheets.
Bake for 30 to 35 minutes or until a toothpick comes out clean.
Biscuits freeze well for up to three months. Serves 10.

Source: *The Angelica Home Kitchen, Leslie McEachern*



2015 Geary County Radon Average Values

Average Radon Level	= 4.5
Maximum Reported Radon Level	= 77.4
Total Number of Measurements	= 793
Total Measurements 4 pCi/L or greater	= 293
Total Measurements 20 pCi/L or greater	= 16

January is Radon Awareness Month

Radon exposure in homes and other indoor environments is the leading cause of lung cancer death for non-smokers in the United States, and the second overall cause of lung cancer death behind tobacco smoking.

The Environmental Protection Agency (EPA) estimates that approximately 1 in 4 homes in Kansas will test at or above the EPA's radon action level of 4.0 picocuries of radon per liter of indoor air (pCi/L). The US Surgeon General and the Kansas Radon Program recommends that **all homes in Kansas be tested for radon gas.**

Radon tests kits can be obtained from the Geary County K-State Research and Extension office for a reduced rate of \$5.50. Radon test kits can also be purchased online via www.sosradon.org at retail price. Test kits purchased through the Geary County Extension office or the Kansas Radon Program include the laboratory analysis fee and return postage. For more information about the effects of radon and remediation services, go to www.kansasradonprogram.org

FREEZER MEALS—Cook Once, Eat for a Week!

Registration Due February 13, 2017

Join us Saturday, February 25th from 9am-1pm!

You will receive:

Recipes

Food safety information

Basic food prep experience

Plus

4 main entrées that are ready to freeze to take home & enjoy!

Class Location

Geary County 4-H/Senior
Citizens Building
1025 S. Spring Valley Rd
Junction City, KS 66441

Cost is \$40 per person.

For \$55 receive a 272 page cookbook titled 'Once-A-Month-Cooking, Family Favorites'.

Registration due February 13 by 5:00 p.m. at the Geary County Extension Office!

FREEZER MEALS—Cook Once, Eat for a Week!

Registration Form—Due February 13, 2017

Please fill out the information requested below and mail form and payment to:

Geary County Extension, P.O. Box 28, Junction City, KS 66441

Name _____ Phone Number _____

Address _____

Food Allergies _____

COST: \$40—Includes lunch and 4 main entrées to take home.

\$55— Includes lunch, 4 main entrées to take home AND a 272 page cookbook!

Payment Type—Please mark one:

CASH

CHECK

CREDIT CARD (\$3 fee to run credit/debit card)

Card type: MC VISA Discover Number _____

Expiration Date: ____/____ CVV Number (on back of card) ____





Geary County
P.O. Box 28
119 E. 9th Street
Junction City, KS 66441

Upcoming Geary County Extension Programs

**Requires pre-registration.

January 2017

- 25 Winter Carnival, Junction City Municipal Building, 700 N. Jefferson,, from 9:00 a.m.—Noon. This event is open to the community. Booths and activities target the families of Geary County with fun activities for kids and important information and promotional material for parents. A 10¢ admission fee for each person will be collected at the door and donated to the Dorothy Bramlage Public Library. Join us for a family-focused fun morning!

February 2017

- 2 Knowledge at Noon**— **Keys to Embracing Aging: Financial Matters**, Valley View Estates, 1440 Pearl Drive, Junction City, KS. This free program begins at noon and is open to the public. Call the Extension Office by January 31, 2016 to reserve your seat. 785-238-4161.
- 2 Hands-On Nutrition—Eat Smart, Move More program incorporates nutrition education with a hands-on application. Come learn how to make your meal preparation healthier and more economical. This program is FREE and open to the public. Call the Geary County WIC office to reserve your seat at 785-762-5682.
- 7 Knowledge at Noon— **Keys to Embracing Aging: Positive Attitude**, Expanding to a second location at the 4-H/Senior Citizen's Building 1025 S. Spring Valley Road, Junction City, this program is part of a series of 12 lessons about how to approach retirement with positive optimism. For a nominal cost, feel to stay for the senior meal. free—there is a nominal charge for the optional meal following the program will apply. No reservation required.
- 25 Freezer Meals Class, 4-H/Senior Citizen's Building 1025 S. Spring Valley Road, Junction City from 9:00 a.m.—1:00 p.m. Reservation form and fee due by Monday, February 13 at 5:00 p.m. Space is limited to 16 participants. For more information, contact Deb Andres, Family & Consumer Sciences agent at the Geary County Extension office.



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www.facebook.com/gearycountyextension



Geary County Office information: <http://www.geary.ksu.edu/>
or stop by the office at 119 E. 9th, Junction City, KS 66441

K-State, County Extension Councils, Extension Districts, and US Department of Agriculture Cooperating.

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