



# Geary County

K-STATE RESEARCH AND EXTENSION NEWS

[geary.k-state.edu](http://geary.k-state.edu)

June/July 2021

## Ask the Agent

**Q:** The liquid in my home canned green beans is getting cloudy. What causes this?

**A:** There are several possible causes and three of these are linked to quality: 1) If the beans are over mature when canned, the higher starch level can cause the cloudy liquid. 2) Our commonly hard water in Kansas can contribute to the problem. 3) If you use table salt instead of canning salt, cloudy liquid is a common bi-product.

Finally, it could be that the food is spoiled due to poor canning practices. You can find helpful “how to” fact sheets on canning a variety of vegetables on the Geary County Extension website at:

<https://www.geary.k-state.edu/health-home-family/food-preservation.html>

For more information call the Geary County K-State Research & Extension office at: **785-238-4161**

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## Summer Hits

Staying healthy and well in the hot summer months requires a combination of physical activity, social engagement, and balanced diet. Knowing what’s going on around you can offer opportunities to address all three of these areas of health and wellness. Make your summer a hit by participating in any one of the activities highlighted below.

JULY 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Admittedly, it is a bit risky to share a list of community activities because something might get mistakenly overlooked. However, in this Summer Edition (June and July) of the FCS connection newsletter, I felt it prudent to share some of the activities that I am involved in as a Family & Consumer Sciences Extension agent that readers may be interested in, as well.



**Geary Community Farmers Market** is open to the public every Thursday from 4PM – 7PM in the parking lot of JCNaz (1025 S Washington St.) The market has such a neighborly feel to it that both customers and vendors enjoy returning from week to week. With a wide variety of fresh food (meats, vegetables, fruits, herbs, and more), customers have access to many healthy foods that are locally grown and produced. Other products available for customers include locally harvested honey, and homemade baked goods. New to this year’s market is an ever-growing group of local artisan crafters who offer bath and home products. The Geary Community Farmers Market is coordinated by Live Well Geary County, whose mission is to inspire and advance policy, systems and environmental changes that make it easier for residents to lead healthy lives. The weekly Farmer’s Market provides residents with easier access to healthy food and promotes community connections. Learn more about both of these efforts at <https://www.livewellgearycounty.org/> OR search for Geary Community Farmers Market on social media for all the newest happenings!

July brings the **Geary County Free Fair** to the forefront in our office! Not only are we assisting other counties with their fairs by judging events, we are also involved with the Geary County Free Fair Board in making plans for our own local county fair. Check out the inside of this newsletter to find out more about the Geary County Free Fair and the events that make the Fair a great place to bring family and friends for an outing! You can find the schedule of events for the fair at [https://www.geary.k-state.edu/county\\_fair/index.html](https://www.geary.k-state.edu/county_fair/index.html)

**Geary County K-State Research & Extension SNAP-Ed** program is offering a wide variety of nutrition education classes either face-to-face or virtually through an online platform. SNAP stands for Supplemental Nutrition Assistance Program. Our SNAP-Ed program is charged with the role of providing nutrition education to county residents who qualify for food assistance. Most people want to be healthy, but they may not know what constitutes healthy foods, how to shop for healthy foods or how to prepare them. Our programs do exactly that and they are FREE to qualifying residents. You can find out more about available upcoming nutrition education classes at <https://www.geary.k-state.edu/health-home-family/family-nutrition-program.html>.

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# Open Class - Geary County Free Fair

It's Fair season and the Geary County Free Fair Open Class has something for everyone—even YOU!

## **Q: What IS the Geary County Free Fair?**

*There are two sides of the Geary County Free Fair. One side is dedicated to the 4-H members of Geary County. The GEEO Free Fair gives 4-H youth the opportunity to share the products that result from the projects they have been enrolled in throughout the year. 4-H youth enter exhibits in the fair that are judged based on the guidelines of the project they represent.*

*The other side of the Geary County Free Fair is the Open Class. Entries that are submitted for judging in Open Class come from the public at large and/or youth in the county who are NOT 4-H members but have personal projects or hobbies they would like to show.*

## **MORE Q&A ABOUT OPEN CLASS FAIR...**

### **Why would I want to enter an exhibit into the open class fair?**

*A: It's fun, educational, and you can meet other people with similar interests. Perhaps you have a hobby that you would like others to see, or perhaps you are babysitting your 5 year old grandson and have completed some craft projects that could be entered. Regardless of your age or interests, there is something for everyone at the Geary County Free Fair Open Class.*

### **Q: Who can participate in the open class fair events?**

*A: Any person who lives in Geary County, Fort Riley, or surrounding counties can participate in the open class events.*

### **Q: How old do you have to be to participate?**

*A: There is no age limit, but there is a minimum age of 4. Children age 4 to 15 will be entered in the youth division and judged separately from those 16 years of age and older.*

### **Q: How is open class events different from 4-H events?**

*A: Participants in open class are not and cannot participate in 4-H events. The open class events are designed for the general public. Although children have the opportunity to join a 4-H group, not all children choose to do so. Open class events offer them a place to enter and display their products. For example, if a child has participated in a summer art camp, they can enter one of their projects in open class arts & crafts. Another example would be an adult who likes to make leather-tooled products such as a wallet who enters one of their products in the crafts division.*

Download the Open Class Fair book at: [https://www.geary.k-state.edu/county\\_fair/index.html](https://www.geary.k-state.edu/county_fair/index.html)

## **Schedule At-a-Glance**

Open Class events at the Geary County Free Fair open on Sunday, July 18, 2021 with the public pedal pull. Bring the kids and grandkids to the Sunday night Pedal Pull – sign-up begins at 6:30 with the event kick-off at 7:30. This fun and family-friendly event, hosted by the Geary County Free Fair Board, is where youth can show their determination and muscle. Weights are put on the back of a pedal tractor to see how far a youngster can pedal. Any youth ages 4-13 can participate. Registration is free and medals are given out to the top performers in each age group.

On Monday July 19<sup>th</sup>, entries are accepted for adult and youth Open Class Photography, Textiles, Arts & Crafts, Floriculture, Horticulture and Agriculture. You don't have to be a professional to be successful at fair. It's a fun way to show off your hobbies or your livelihood in any one of these events. The variety of plants and flowers brought in are always a welcome sight—adding color and fragrance to the displays! Pick out a couple of your favorite photo shots from this past year to enter in Photography. Black & White or Color will work for your 8x10 picture. If you don't have anything you want to enter, come check out the beautiful craftsmanship of the Arts & Crafts entries and the construction skills from area quilters and knitters in the Textiles division!

On Tuesday, July 20<sup>th</sup>, entries continue to be accepted for Open Class Floriculture, Horticulture, and Agriculture. Show off your garden vegetables or a one-gallon sample from your wheat harvest.

On Wednesday, July 21 entries for Open Class Food Preservation and Food Preparation will be accepted. Yeast breads, pies, cookies, candy, snacks and more is what you will see in the Food Preparation entries. We wrap up the day with the Special Baking Contest entries being accepted beginning at 4:30. See the next page for more information.

# Special Contests - Geary County Free Fair

## 2021 Special Baking Contest

Wednesday, July 21, 2021

Entry 4:30 - 5:30 p.m.; Judged 5:30 p.m.

Cake Mix Makeovers - Coffee Cakes

This event is looking for your boxed cake mix that has been modified into a creative coffee cake!

What makes this baking contest is unique?:

All entries use a boxed cake mix (any flavor) but cannot follow the box instructions. In other words, you cannot simply mix the batter up as directed on the back of the box and add chocolate chips in or put streusel crumbs on top. Rather, you substitute added ingredients (oil, for example) and/or add ingredients that significantly change the final product.

- You will need to adjust the pan size to an 8"x8" square pan rather than a standard cake pan size of 9"x13".
- Each entry must be prepared and baked by the person whose name is on the entry form.
- Each entry must be submitted in a 8"x8" disposable pan contained inside a 1-2 gallon food-grade re-sealable plastic bag.
- Coffeecake recipe must contain only non-perishable food ingredients. Cream cheese frosting, for example, cannot be used.
- Coffeecake recipes cannot contain alcohol.
- The instructions for the cake mix and the recipe used for the final product must accompany each entry. Recipe must list all ingredients, quantities, and the preparation instructions, and should NOT contain the name of the baker. Please place instructions and recipes in a re-sealable plastic bag and attach to the larger bag containing the coffeecake. Contest recipes will be returned to the contestant after the contest.
- Coffeecakes will be judged on texture, flavor, aroma, originality/creativity and visual appearance.
- Three separate coffeecake entries are allowed per person but each entry must have a different recipe.
- Contest is open to youth and adults and will be judged in two divisions: Youth (age 4 – 17) and Adult (age 18 and over.) There will be three placings in each division: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>.
- Professional bakers are not allowed to enter - meaning that entries are not allowed from those who bake for sale items as part of their work.

Entries will be accepted at the 4-H/Sr. Citizens Center between 4:30 - 5:30 p.m. on Wednesday, July 21st. Coffeecakes will be sold after judging. Proceeds go back to the Free Fair Board to help with the cost of ribbons and premiums for the Open Class events. One piece of the first, second, and third place entries, will be displayed in the Open Class Food showcase. Prizes will be awarded for the top three placings in each age division.

Entries in the Baking Contest are not eligible for awards in the Open Class or 4-H baking events at the fair. However, coffeecakes made from the same recipe or the same batch may be entered in 4-H or Open Class.

## A Case for a Cause – Pillowcase Project

Entries accepted July 19 3:00–7:00PM and July 20 8:30–11:00PM

Join the Geary County Free Fair Association in sewing a pillowcase for someone in need. All pillowcases will be donated to local organizations that work with families and/or children in crisis or experiencing difficult transitions. These children/families often pick up and move from place to place with little or no warning. Offering a child their own pillowcase to carry their few belongings in can be a comfort during transitions. With that in mind, pick a cheery, colorful and fun, cotton fabric (**no flannel please**) and make a pillowcase.

Each person can enter a pillowcase designed for an adult and a second pillowcase designed for a child. Both youth (ages 4-15) and adults (ages 16+) can enter this event.

### Judges Criteria

The judge will be asked to evaluate each pillowcase on the following characteristics:

- Basic construction techniques (straight seams, for example)
- Visual appeal (colorful, fun for example)
- Durable fabric
- Fits Standard 20"W x 30"L, or Queen 20"W x 34"L size pillow
- Finished seams (so they don't ravel)

Store purchased pillowcases will not be accepted for this contest. Please note, all participants will be required to donate the pillowcase as noted above.

*This contest was adapted from a project of the DuPage County Fair Wheaton, IL*

**Geary County**

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**Upcoming Geary County Extension Programs**

**\*\*Requires pre-registration. Call 238-4161 to pre-register\*\***

**July, 2021**

18-22 **MARK YOUR CALENDAR:** Geary County Free Fair (including Open Class) is back! Download the Open Class Fair book at: [https://www.geary.k-state.edu/county\\_fair/index.html](https://www.geary.k-state.edu/county_fair/index.html)



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