



Geary County

K-STATE RESEARCH AND EXTENSION NEWS

geary.k-state.edu

June/July 2022 Fair Edition

Ask the Agent

Q: Where can I get a copy of the Geary County Free Fair schedule?

A: You can find the fair schedule in several places but perhaps the easiest way to look at a schedule is online:

https://www.geary.k-state.edu/county_fair/index.html

Printed schedules are available free of charge at our office at 119 E. 9th Street, Junction City or at the Dorothy Bramlage Public Library at 230 W 7th St, Junction City and other locations throughout Geary County.

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

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It's Nearly Fair Time!!!

Warm summer breezes and bright sunshine come with many summer activities such as weekends at the lake, camps, summer ball, cookouts, and county fairs!

Geary County K-State Research & Extension and staff, along with Geary County Free Fair Board members are busy at work making preparations for the annual event being held at the Geary County Fairgrounds at 1025 S. Spring Valley Road in Junction City, Kansas!

This free, open to the public event is a family friendly space to enjoy many of the traditional events of most county fairs: 4-H exhibits ranging from animals to wildlife posters, and open class exhibits ranging agriculture and horticulture to a special baking contest with everything between.

This Fair Edition of the Family and Consumer Sciences Connection newsletter will offer you a glance of what participants and attendees can enjoy beginning Sunday, July 17 through Thursday, July 21, 2022.

Are your kids or grandkids tired of sidewalk chalk and playing with trucks in the dirt pile? Come check out the first public event of the Geary County Free Fair on July 17—The annual Pedal Pull!

You might wonder what a pedal pull is. *A Pedal Tractor Pull is an event that features Children pedaling a modified tractor pulling a weight transfer sled down a track. The child pulling this sled the farthest is the winner.**

Youth from Geary County and surrounding areas can enter the contest at no cost! Each youth is assigned a placing based on how far they were able to pull the trailer. Those who place first or second in their age division can then compete at the Kansas State Fair Pedal Pull—competing against other youth in their age division from across the state.

You might be surprised, but this type of event is held in communities all across the United States—often culminating at individual state fairs for championship pulls. The Geary County Free Fair Pedal Pull is sponsored by Matt Machin with Farm Bureau Financial Services, Geary Grain, Inc., and Agri Trails Coop.

Join in the fun with your child or grandchild or simply come observe from the bleachers and cheer the kids on as they put all their might into making a great pull! On-site registration begins at 6:30pm in the Beef Barn/Livestock Arena behind the 4-H building. The contest begins at 7:30pm. Children age 4-12 can participate.

The top 3 youth in each age division will receive prizes thanks to our prize sponsors Prairie Land Partner, LLC, Bruna Implement Co., and Hildebrand Farms Dairy.

*definition provided by the Nebraska Peddle Pull Association

June/July 2022



Photo Credit: Wisconsin Agriculturist online newsletter; www.farmgroggress.com

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Family & Consumer
Sciences

HEI & YOU— Nutrient Awareness Series

Family Nutrition

In the [May edition](#) of the Family & Consumer Sciences Connection Newsletter, I shared information about the Healthy Eating Index (HEI) as a way to measure the quality of a person's diet as they related to the Dietary Guidelines for Americans. Your nutritional needs change as you move through various life stages. In the United States, those age 60 and over have the highest HEI at 63% and 2-4 year olds are running a close second at 61%.

A person who consumes a healthy diet will have most of their nutrient needs met. However, there are a few nutrients that can be a bit elusive— potassium, calcium, dietary fiber, and vitamin D. In Nutrient Awareness Series, I'm going to highlight each one of these nutrients each month.

A Peek At Potassium

The 2020-2025 Dietary Guidelines for Americans reported that potassium is an under-consumed nutrient for most of us. This can have a negative impact on our health and well being because potassium, like other nutrients, helps regulate specific functions in our body. Potassium is a mineral that helps our muscles to contract, aids in fluid regulation, and maintain mineral balance in cells. It also helps us maintain normal blood pressure by limiting some of the negative effects of sodium.

Bananas are probably the first food that comes to mind when you think about potassium. But potassium is found in many foods, such as leafy greens, tomatoes, eggplant, pumpkin, potatoes, carrots, and beans. It's also found in dairy products, meat, poultry, fish, and nuts.

Food is the best way to get potassium. By eating a variety of foods every day, you can meet your potassium needs as well as get other important vitamins and minerals that promote health. However, some people may need supplements for a little extra help.

Keep in mind that not everyone needs more potassium. Some people may even need to decrease their potassium intake because of certain health conditions. So, it's important to always talk to your healthcare provider before adding supplements.

Whether you are increasing or reducing your potassium intake, you should learn which foods contain potassium and how much. Always check the Nutrition Facts Label when you are grocery shopping. Food manufacturers are now required to include potassium in the Nutrition Facts Label.

Here are just a few potassium-rich foods:

- 1 medium baked potato with skin: 930 milligrams
- 1 cup cooked spinach: 840 milligrams
- ½ cup raisins: 618 milligrams
- 1 cup cubed acorn squash: 486 milligrams
- 1 cup cooked broccoli: 460 milligrams
- 1 cup cubed cantaloupe: 430 milligrams
- 1 cup chopped tomatoes: 430 milligrams
- 1 medium banana: 420 milligrams
- 1 cup raw carrot slices: 390 milligrams
- 1 cup low-fat milk: 350 to 380 milligrams
- 1 cup soy milk: 290 milligrams
- ½ cup cooked lentils: 365 milligrams
- 1 cup cooked quinoa: 320 milligrams
- 8 ounces, nonfat yogurt: 625 milligrams
- 3 ounces clams: 530 milligrams
- Fish (mullet, pollock, trout): 380-395 milligrams
- 1 cup coconut water: 395 milligrams



Photo by [Nadine Primeau](#) on [Unsplash](#)

For a detailed list, visit the [Dietary Guidelines for Americans](#) web site.

Check out the [USDA WIC Works Resource System](#) website and the [MyPlate](#) website for more information about incorporating potassium-rich foods into your diet.

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020.

Geary County Free Fair

NEW!!! Decorated Squash Contest

Squash is not only a good source of Potassium, it can be a fun way to participate in the Geary County Free Fair this summer! This new and creative contest is for young and old alike—entries will be judged in two divisions: Youth (age 4-17) and Adult (age 18 and over). Pick a squash from your garden (butternut, zucchini, acorn, spaghetti... or purchase one from the store or farmer's market. You can use man-made, natural materials, or a combination of both to decorate your squash of any size. You can enter up to 3 different decorated squash. Make it fun, crazy, thematic, colorful, creative, or bizarre. For more information, check out the contest guidelines at: https://www.geary.k-state.edu/county_fair/index.html

Geary County Free Fair

4-H Exhibits and Shows

4-H empowers young people with the skills to lead for a lifetime. The Geary County Free Fair gives our youth a place to share the talents and skills they have acquired through work within their 4-H club and county activities, self-identified projects, and leadership development programs.

Sunday, July 17: 4-H Horse Show, 6PM

Monday, July 18: 4-H youth exhibits in place, 7PM

Monday, July 18: 4-H Dairy, Goat, and Sheep Show, 7PM

Tuesday, July 19: 4-H Beef Show, 7PM

Wednesday, July 20: 4-H Cat Show, 9:30AM

Wednesday, July 20: 4-H Swine Show, 6:30PM

Thursday, July 21: 4-H Project & Livestock Auction, 6:30PM

Did you know...

- 4-H is a nationwide program led by state land-grant universities in cooperation with local county/district extension councils. In Kansas, 4-H is the largest youth educational program, aside from public schools. Each of the four H's on the clover represent ways youth can grow and develop in 4-H.
- Geary County K-State Research & Extension has over 120 4-H members.
- 4-Hers can enroll in projects within the broad topics of Ag & Natural Resources, Animal Science, Creative Arts, Family & Consumer Sciences, Personal Development, and STEM (Science, Technology, Engineering, & Math.)
- 4-H members can select from 47 different project areas.

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Geary County Fairgrounds at 1025 S. Spring Valley Road in Junction City, Kansas

Open Class at the Geary County Free Fair is a place for adults and non-4-H youth to exhibit their personal work for judging. Perhaps your child has a drawing they created in school or you have some tomatoes you canned that turned out really well. Both of these could be entered into the fair to be judged. Recent paintings, quilts, baked goods, hand work (crochet, tatting, embroidery), or painted pottery are all good examples of what can be entered and put on display. If you are more of an outdoors person who farms, likes to take pictures or garden — you can enter cut flowers, mounted color or BW pictures, garden produce, or even baled alfalfa! If none of this is quite your thing, consider entering in one of the special contests. In addition to the Decorated Squash contest, there is a Special Baking Contest, and a Case for a Cause exhibit that you can contribute to.



A Case for a Cause – Pillowcase Project
Entries received Monday, July 18 3PM–7PM
Exhibits Judged Tuesday, July 19—1:30PM

This contest involves 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

More Open Class Special Contests

comfort during transitions. With that in mind, pick a cheery, colorful and fun, cotton fabric (**no flannel please**) and make a pillowcase. Would also like some masculine colors & prints.

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.

Please note: All pillowcase entries for this contest will be donated to local service agencies and organizations who work with low resourced and/or homeless clients.

2022 Special Baking Contest
Wednesday, July 20, 2022
Entry 4:30 - 5:30 p.m.; Judged 5:30 p.m.
Cake Mix Makeovers - Cookies

This event is looking for your boxed cake mix that has been modified into a creative and tasty cookie! What makes this baking contest 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 sprinkles on top. Rather, you substitute added ingredients (oil, for example) and/or add ingredients that significantly change the final product.

For more information on either of these special contests go to: https://www.geary.k-state.edu/county_fair/index.html

Geary County

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

Upcoming Geary County Extension Programs

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

July 2022

- 17-21 Geary County Free Fair at 1025 S. Spring Valley Road in Junction City, Kansas. Building open to the public at Noon, Monday, July 18 and closes at 10PM. Fair Exhibits are open to the public July 19-21 from 8AM—10PM daily.
- 22 Dining With Diabetes Registration opens. Designed specifically for prediabetics, people with type 2 diabetes and their caregivers, this course will help participants learn the skills needed to promote good health. Cost per participant \$25. Scholarships available for qualifying low-resourced participants. Class is capped at 15 participants. If interested, call the Geary County K-State Research & Extension office to pre-register and share your contact information. The class begins September 13 and meets weekly through October 4, 2022.

August 2022

Dining With Diabetes registration continues through August 31, 2022. Classes will be held from 3:30—5:30PM at the Konza Prairie Community Health Clinic. See above for more information.

Open Class Fair Books are in! Pick up your free copy at the Geary County Extension Office at 119 E. 9th Street, Junction City, KS.



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