



Geary County

K-STATE RESEARCH AND EXTENSION NEWS

MARCH 2024

Our Staff



Deb Andres
*Family & Consumer
Science Agent*



Ginger Kopfer
*4-H Youth
Development Agent*



Kyler Langvardt
*Ag & Natural
Resources Agent*



Traci Hockett
Office Professional



Christina Strauss
*Office Manager &
Bookkeeper*

Time to Plant Potatoes in Kansas

Kyler Langvardt, Ag and Natural Resources Agent

For Kansas gardeners, St. Patrick's Day means something much more than donning a favorite green outfit and heading to local celebrations.

Traditionally, the Irish holiday signals the date for planting potatoes.

"Actually, anytime from mid- to late-March is fine for potato planting," said Kansas State University horticulture expert Cynthia Domenghini.

"Be sure to buy seed potatoes rather than using those bought for cooking. Seed potatoes are certified disease free and have plenty of starch to sprout as quickly as soil temperatures allow."

Domenghini notes that most seed potatoes can be cut into four pieces – "though large potatoes may yield more," he said. Each seed should weigh between 1 ½ to 2 ounces, and likely more than one eye.

Each pound of seed potatoes should yield 8 to 10 pieces, according to Domenghini.

"Cut the seed 2 to 3 days before planting so that freshly cut surfaces have a chance to suberize, or toughen, which provides a protective coating," Domenghini said. "Storing seed in a warm location during suberization will speed the process."

Domenghini recommends planting each seed piece 1 to 2 inches deep and 8 to 12 inches apart in rows.

"Though it is important to plant potatoes in March, they emerge slowly," she said. "It is often mid- to late-April before new plants poke their way through the soil. As the potatoes grow, pull soil up to the base of the plants. New potatoes are borne above the planted seed piece and it is important to keep sunlight from hitting the new potatoes."

Domenghini said exposed potatoes will turn green and produce a poisonous substance called solanine. Keeping the potatoes covered will prevent this.

Domenghini and her colleagues in K-State's Department of Horticulture and Natural Resources produce a weekly Horticulture Newsletter with tips for maintaining home landscapes and gardens. The newsletter is available to view online or can be delivered by email each week.

Interested persons can also send their garden and yard-related questions to Domenghini at cdom@ksu.edu, or contact Kyler Langvardt at our office at 119 East 9th Street, Junction City.



geary.k-state.edu
(785) 238-4161
119 E. 9th St.
Junction City, KS 66441

K-STATE
Research and Extension

K-State Research and Extension is an equal opportunity provider and employer.

ksre.k-state.edu

Teaching Children About Finances



Deb Andres, Family and Consumer Sciences Agent

It's early in the year, and this is a great time to talk about financial wellness, in addition to physical and emotional wellness. Well, really it's always a good time to talk about financial wellness – especially with the young people in your life. Especially after the holidays, if your children have received any money as gifts this year, now's your chance to help them think about saving in addition to spending – so they have more to spend later. A fiscally responsible mindset can also be very key to other elements of wellness over their lifetime.



Scan me

START WITH SOME BASICS:

Save/Spend/Share Approach: Encourage your child to save at least 10% of their money and donate at least 10% to a charity of choice; then they can spend the rest.

Open a bank account for your child if they don't already have one.

Help your child identify what they want to purchase. Provide choices for younger children; and help guide their thinking somewhat. For example, ask “would you like to purchase this or that?” Help them understand whether they have enough money to purchase the desired item, how much more they need, or what they will have left after the purchase, etc.

Lead by example. Live within your means, be open with your budget (to the extent it makes sense for the child's age and maturity). Share how much it costs to purchase clothes, food, etc. Don't just purchase everything you or your child wants; demonstrate trade-offs and choices as you spend your own money responsibly.

Financial Factoid For Your Family

Although a majority of teens polled¹ wanted to learn about money, more than half wanted to learn in an easy way. This could include strategies that are convenient, that use technology, and are not time consuming for youth. How can you meet your children where they are at in their education of finances?

Varcoe et al., 2001



EIGHTEEN 4-H MEMBERS FROM GEARY COUNTY ATTENDED CITIZENSHIP IN ACTION (CIA) AT THE STATE CAPITOL IN FEBRUARY.

Teachable Moments About Money – A Developmental Approach

Deb Andres, Family and Consumer Sciences Agent

Children get their first lesson on money management from the adults around them. By the age of three, children already have a good idea about how you feel about money. How you talk about it and handle it tells them a lot about how to approach money. ‘Do as I say; not as I do’ doesn’t work with children — they absorb knowledge and emotions from others around them without being aware of it.

You can actively help them learn what is appropriate for their age. You know your child best and what they can understand. Obviously children of a young age should not be involved with bills, payments and money problems, but they can understand when there isn’t any money for their ‘need.’ They actually need to feel secure, loved and cared for. They also need to understand that security and love are not always connected to money. Hugs, free entertainment and your presence are their most important needs.

Preschool: By the age of four, a child can understand that money is for ‘trading’ for things they want. They can play ‘store’ at home with play money and household items, or they can learn that money must be given to someone else in order to own something.

School Age to Pre-Teens: School-age children have already started making decisions about wants; the next step is learning from mistakes, having positive experiences, and understanding the difference between ‘wants’ and ‘needs.’ An allowance is a large part of this; it is a child’s ‘paycheck’ that allows him or her to make choices about items. This provides practice in planning

spending (which adults call ‘budgeting’).

Teens: During the teen years youth have more expensive ‘needs and wants’; money and decisions become more difficult. At this point talking about cars, gas, insurance, up-to-date clothing, and future education becomes important. Also debit, credit and loans (from parents) can be discussed. This shows them that credit and loans are a way of ‘renting’ the use of someone else’s money.

*** For more information about teaching children about money, check out the fact sheets posted on the Geary County K-State Research & Extension Home and Family website at: <https://bit.ly/4a0rVHI>



YOUTH LEARNED ABOUT THE LEGISLATIVE PROCESS, ETIQUETTE AND CIVIL DISCOURSE. GEARY COUNTY HAD THE LARGEST DELEGATION IN THE STATE!

Child Care Crisis Summit: Through the B&I Lens

Deb Andres, Family and Consumer Sciences Agent



A GECO WORKFORCE CHALLENGE

CHILD CARE CRISIS SUMMIT

THROUGH THE BUSINESS & INDUSTRY LENS



Friday, March 22nd
10:30 am - 1:30 pm
Doors open at 10 am

Professional Learning Center
920 W 6th St. Junction City, KS

**ATTENTION:
BUSINESS & INDUSTRY PROFESSIONALS,
COMMUNITY LEADERS AND CONCERNED CITIZENS.**

Geary County employers and families have 1800 less child care placements than they need.

**JOIN US TO LEARN MORE AND DISCOVER
HOW YOU CAN MAKE A DIFFERENCE.**

REGISTER NOW FOR THIS FREE EVENT
LUNCH AND REFRESHMENTS ARE PROVIDED AT NO COST
REGISTER ONLINE AT
JCACC.ORG/CHILDCARECRISISUMMIT
REGISTRATION CLOSES ON MARCH 20TH

CO-HOSTED BY:
GEARY COUNTY CHILD CARE COALITION (GC 3C)
LIVE WELL GEARY COUNTY
CHILD CARE AWARE OF KANSAS

2024 Walk Kansas Information

Deb Andres, Family and Consumer Sciences Agent



WALK KANSAS

AN 8-WEEK HEALTHY LIFESTYLE CHALLENGE!

March 31 - May 25, 2024

Gather your team of six or go solo this year.

Register online at [WalkKansas.org](https://www.walkkansas.org) or by contacting your local K-State Research and Extension office.

Register between March 4th - April 6th

K·STATE
Research and Extension

Walk Kansas

For More Information Contact:
Geary County K-State Research & Extension
at
785-238-4161
or visit:

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

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

UPCOMING EVENTS:

Childcare Crisis Summit: Through the B&I Lens

Friday, March 22 at the Professional Learning Center, 920 W. 6th St., Junction City, KS. See insert flyer for more information or contact Deb Andres at 785-238-4161.

2024 Walk Kansas:

Walk Kansas 2024 dates have been announced! Mark you calendar for March 31 through May 25, 2024 and start working on building your team of six! For more information, check out the Geary County Walk Kansas Facebook page or go to: <https://www.geary.k-state.edu/health-home-family/walk-kansas.html>

Beef Quality Assurance Training:

KBC and Kansas State University Research and Extension are providing BQA training and certification opportunities throughout February and March. Dr. A.J. Tarpoff, DVM, associate professor of animal sciences at Kansas State University, will be the primary presenter at all trainings. March 18 at 6 p.m., located at JC Livestock Sales.



For up-to-date information and the latest news, follow Geary County K-State Research & Extension on Facebook.