



Horticulture

Calla Edwards – Horticulture Agent

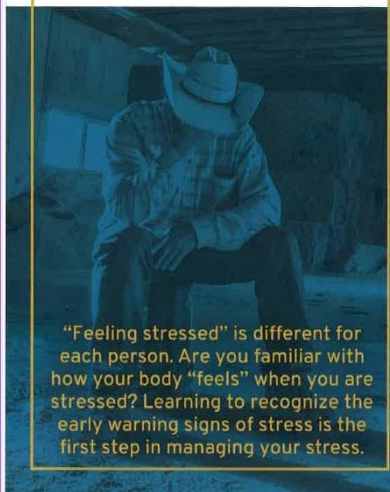
Drought conditions have been a concern over the last few years and with dry winters it's been important to water lawns, trees, and shrubs during warm spells in the wintertime. Evergreens have been hit especially hard by the dry conditions since they continue to lose moisture through their greenery, even during the frozen months of the year. Many might wonder if you need to water your plants this winter. After all, over the last few months, we have received approximately 20" of snow depending on where you live in the county.

With all that snow we should be sitting pretty good in terms of soil moisture, shouldn't we? The answer is a little trickier than you might think. Let's take this last round of snow for example. Even though some parts of the county had 7" or more (it was hard to measure with the wind), the moisture level in the snow was pretty low due to the cold temperatures. It was estimated by meteorologists that there is only 0.4" worth of moisture in the snow because of how cold and dry it was. The snow from January wasn't much better when it finally melted at the end of the month. Take some time this week with the warmer weather to water some of your plants especially those that are newly planted or are evergreen type plants. Just a little water now can prevent problems later. Happy Growing!

Agriculture

Charlene Miller – Agriculture Agent/Extension Director

Managing Farm and Ranch Stress



"Feeling stressed" is different for each person. Are you familiar with how your body "feels" when you are stressed? Learning to recognize the early warning signs of stress is the first step in managing your stress.

Common signs of stress:

- Headache
- Tense muscles
- Stomach upset or distressed
- Difficulty sleeping or a desire to sleep more than normal
- Getting angry easily
- Trouble making decisions, concentrating or remembering things
- Irritable about little things
- Sense of frustration, anger
- Feeling discouraged, hopeless
- Conflict with family members

Managing stress and developing coping skills are important to your long-term health and well-being. Here are some ideas, but find what works for you.

Coping strategies may include:

- Get at least 7-8 hours of sleep a night
- Take regular 5- to 10-minute breaks throughout the day
- Pray, meditate or journal
- Engage in at least 20 minutes of physical activity every day
- Focus on factors you can control
- Reflect on and forgive yourself for mistakes

Resources

Farm Bureau #FarmStateOfMind - <https://www.fb.org/land/fsom>

K-State Research and Extension – browse for health and wellness resources <https://www.ksre.k-state.edu/>

Kansas Department of Agriculture - <https://www.kansasagstress.org/>

North Central Farm and Ranch Stress Assistance Center <https://farmstress.org;> 800-447-1985

Kansas Suicide Prevention Resource Center - [https://www.ksphq.org/;](https://www.ksphq.org/) 785-841-2345

National Suicide Prevention Lifeline (NSPL): 800-273-8255 (TALK)

Crisis Text Line 24/7: Text "Home" to 741741

Project funded by the USDA National Institute of Food and Agriculture. Award # 2019-70028-30436

Family Consumer Sciences

Walk Kansas Celebrates 25 Years

Bonnie Brewer – FCS Extension Agent

Tie your sneakers and get ready to celebrate! Walk Kansas is back, and celebrating its 25th anniversary! Each year about this time, I get very excited for this program as it rallies thousands of Kansans and their friends to have fun and improve their mental and physical health.

Walk Kansas is a team-based challenge that encourages people to walk, jog, run, bike, swim or move their body however they prefer, to live more healthfully. The program will kick off on March 30th and will run eight weeks through May 24th. Registration is available online at www.walkkansas.org beginning March 4th, and cost per person is \$10.

Sharolyn Jackson, K-State Research and Extension's state leader for the Walk Kansas program, shares that the program was founded on the principle that if teams of six people would meet the minimum guidelines for physical activity over eight weeks, they could collectively and virtually walk across the state of Kansas, which is 423 miles. The minimum guidelines are those recommended by the U.S. Center for Disease Control and Prevention that individuals should aim for at least 150 minutes of moderate to vigorous physical activity each week – or about 30 minutes a day, five days a week.

Walk Kansas is an adaptable program where you can participate as a team or solo. You can choose between different challenges, and set personal goals for fruit, vegetable, and water consumption. Participants are also encouraged to add in some type of strength exercise. Throughout the program, tips, tricks, and instructions are shared each week with participants in a newsletter.

Holistically, Walk Kansas is a chronic disease prevention program, and a way to delay the onset of chronic disease. The reality is that two-thirds of chronic diseases can be prevented or delayed by the lifestyle changes demonstrated in the Walk Kansas program.

So, gather your team, tie on your sneakers, and register to start your journey to better health this March. Call our office at (316) 321-9660 for any questions you may have about community engaged program.

4-H & Youth Development

Madeline Wallace – 4-H & Youth Development Agent

St. Patrick's Day and 4-H share common themes of community, growth, and tradition. Just as the four-leaf clover symbolizes luck, each leaf represents one of 4-H's core values—Head, Heart, Hands, and Health—which guide youth in their personal development and leadership. Both the holiday and 4-H emphasize the importance of collaboration and giving back, with members learning to work together, serve their communities, and embrace healthy lifestyles. As we celebrate St. Patrick's Day, we also recognize how 4-H fosters these values, helping youth grow and contribute positively to Butler County and beyond.

Contact us:

Phone: (316) 321-9660

Facebook: @ksrebutlerco

Web: Butler.K-State.Edu

Twitter: @ButlerExtension

Address: 206 N Griffith St, Ste. A, El Dorado, KS 67042

See our full Newsletter at <https://www.butler.k-state.edu/newsletter.html>

For KSRE publications and information, visit www.ksre.ksu.edu



YOUTH LAWN MOWING CLINIC

Tuesday, March 11, 2025

Butler Community Building

200 N. Griffith - El Dorado, KS

Registration Begins at 4:30 p.m. Clinic Will Be 5:00-8:00 p.m.

Pizza will be provided

You Will Learn:

- ✓ Lawn Mower Safety
- ✓ Lawn Mower Maintenance
- ✓ Proper Care for Various Types of Turfgrass
- ✓ Business Skills Necessary to Run Your Own Lawn Mowing Business

PRE-REGISTRATION IS REQUIRED

CLINIC COST IS \$10

This clinic is designed for youth in 5th through 9th grade

REGISTER NOW

☎ 316-321-9660

✉ callae@ksu.edu



Butler County



CELEBRATING **[25]** YEARS OF

WALK KANSAS

AN 8-WEEK HEALTHY LIFESTYLE CHALLENGE!

March 30 - May 24, 2025

Gather your team of six or go solo this year.

Register online at WalkKansas.org or by contacting your local K-State Research and Extension office.

Registration open March 3!

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Walk Kansas

Butler County
Bonnie Brewer, Family & Consumer Science
Extension Agent
206 North Griffith, Suite A
El Dorado, KS 67042
316-321-9660

Kokedama Class

Wednesday, March 26th, 2025

6:00 p.m.

Butler Community Building
200 N. Griffith - El Dorado, KS



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Join us for a fun evening learning the art behind the Japanese Kokedama. The experts from Simple Morea will be teaching you how to make your very own Sansevieria Kokedama to take home. The cost of this class is \$45 and pre-registration with payment is *required*. To register please visit this link: <https://forms.gle/Lc17WbfPh9jz2hHXA>, email Calla at callae@ksu.edu, or call 316-321-9660



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Calla Edwards two weeks prior to the start of the event at 316-321-9660 or callae@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.



AT THE ANDOVER PUBLIC LIBRARY
MONDAYS @ 1PM

MARCH 31ST-MAY 19TH

The Andover Public Library is partnering with K-State Research and Extension to bring you a new program! Starting March 31st, we'll kick off the program by meeting up at the Andover Public Library and take a walk around Andover Central Park. On **March 31st** and **May 5th**, we'll have special educational sessions. This program is geared towards adults, but all ages are welcome to attend. There is no cost, and no registration required!

At the end of the program, on May 19th, we will have an end of program celebration!

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**ANDOVER
PUBLIC
LIBRARY**

ANNUAL BUTLER COUNTY *Lawn & Garden Show*

GROW & BLOOM IN BUTLER



Master Gardeners of Butler Co., KS

FREE
Admission

- Children's Activities
- Concessions
- Exhibits & Vendors
- Plants for sale!
- Professional Presentations
- Seed Swap
- Soil test service available!
- & More!

**DOOR
PRIZES!**

Saturday, April 5th, 2025
Sunday, April 6th, 2025

Butler County Community/4-H Building
206 N. Griffith, El Dorado

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Seed Swap

Join Calla and the Master Gardeners for a fun and free Seed Swap! Bring your extra seeds and trade for new varieties. Connect with fellow gardeners, share tips, and grow something new!

Thursday, March 13
5:30-7 PM, Art Gallery



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