Wow! What a great gardening year it has been! This year, the Marion Community Garden has donated over 5,000 pounds of fresh produce to the Marion County Resource Center and Food Bank!

This accomplishment could not have been achieved without the help of Pam, Mark, Marion FFA, the dedicated Garden Volunteers, the Food Bank Volunteers, and SNAP-Ed Nutrition Educator, Myrta!

Because of their contributions, Marion County Residents had access to a variety of fresh produce each time they visited the Marion County Food Bank and Resource Center!
The Department of Agronomy and K-State Research and Extension, in partnership with Kansas Corn, are planning to host three Corn Schools and three Pre-Plant Corn Schools in 2019. Please save the date for the location nearest you. Details on speakers and topics will be coming soon.

**2019 K-State Corn Schools**

**Corn Schools**
- January 7 – Saline County
- January 9 – Thomas County
- January 11 – Douglas County

**Pre-Plant Corn Schools**
- February 11 – Labette County (Parsons)
- February 13 – Harvey County
- February 15 – Finney County

**Calving School**
- Dec. 13 6:30 p.m. McPherson County 4H Building
  - Steak Supper
- Speakers Dr. A.J. Tarpoff; Dr. Twig Marston

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**Fall soil testing of hay fields and pasture**

Soil testing can be done in either spring or fall on hay fields and pasture. Given a choice, fall would be the preferred time because it allows more time for any needed lime applications to have an effect before the main growing season begins, and it gives the producer some flexibility for planning nutrient applications. Soil sampling on a regular basis (every 3 – 4 years) can keep you from applying excessive and unnecessary amounts of fertilizer or manure, and can increase yields by revealing exactly which soil nutrients are too low for optimum productivity. By doing this practice properly, producers can save money and reduce the environmental impacts.
Soil Health Day

THURSDAY, NOVEMBER 15, 2018 * Brian Crowther’s Farm
1613 Pawnee Rd., McPherson

10:00 a.m. Tire Tank/Solar Pump Demo and Discussion
Speaker: Herschel George, KSRE Watershed Specialist

Utilizing Cover Crops for Grazing
Speaker: Jaymelynn Farney, KSRE Extension Specialist

Electric Fence Options
Speaker: Gary Grasser, Zeitlow Distributing Company

Lunch provided

Please RSVP for an accurate lunch count by Friday, November 9, 2018, by calling
Karen Borcherding (785)825-8269 ext. 337

This Soil Health Day has been sponsored by the Kansas Division of Conservation, the City of
Wichita, K-State Research and Extension, Harvey County Conservation District, McPherson
County Conservation District and Saline County Conservation District
Marion County

Saturday, November 3rd

8:00-11:00 AM

USD 408 Sports and Aquatic Center

Health Insurance—Need Help?
Marion County’s Department on Aging has trained staff and volunteers to help you with Medicare questions as well as buying health insurance if you are ineligible for Medicare or Medicaid through the government’s marketplace. Open enrollment will begin in October for these programs. Contact Gayla, Department on Aging Coordinator, at 620-382-3580 to schedule your appointment.

Durable Power of Attorney
Do you have your finances prepared if a tragedy were to occur? Have you wondered how to choose a DPOA or when it is needed? Join us on November 15th from 7:00-8:00 PM, in partnership with the Marion Co. Department on Aging for a Presentation by Paul Shipp from the Kansas Legal Services.

Questions? Call the Office!

Turkey Roasting Tips

Stuffed Turkey Roasting Time (Hours)

Unstuffed Turkey Roasting Time (Hours)

To Stuff or Not?

Stuffing temperature inside the turkey or in a casserole pan needs to reach 165°F

www.ksre.k-state.edu/foodsafety/topics/holiday.html
Healthful Donations This Holiday

Let’s give the gift of health this holiday season by providing nutrient-rich non-perishable food items to the Marion County Food Bank!

From now until December 20th, our Office will be collecting your healthful donations for the Marion County Resource Center Food Bank.

Our Office is open from 8:00 a.m. to 5:00 p.m. and is located at 202 S. 3rd Street in Marion.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Suggested Non-Perishable Items</th>
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| **Fruits** | Canned in light syrup or juice; dried:  
- peaches  
- fruit cocktail  
- applesauce  
- apples  
- raisins  
- pineapple  
- 100% fruit juice |
| **Vegetables** | Low sodium canned:  
- corn  
- peas  
- carrots  
- beets  
- green & wax beans  
- mixed vegetables  
- sweet potatoes/yams  
- tomatoes and tomato sauces  
- soup |
| **Grains** | Healthful Grains:  
- whole-grain crackers  
- brown rice  
- whole grain pasta  
- whole-grain breakfast cereal  
- whole wheat flour  
- cornmeal  
- oatmeal  
- granola bars |
| **Protein** | Protein Foods:  
- canned or dried beans: kidney, navy, garbanzo, pinto, great northern, black  
- canned tuna or salmon (water packed)  
- nuts: walnuts, pecans, peanuts, almonds  
- canned chicken |
| **Dairy** | Dairy:  
- nonfat dry milk  
- evaporated milk  
- shelf-stable (UHT) milk |
| For individuals with limited kitchen access:  
- single-serve, canned pull-tab foods such as fruits, vegetables, pastas, stews, chili, beanie-weenies, ravioli, meats such as Vienna sausages, chicken and noodles, pasta with meat, etc.  
- individual 100% juice boxes |

Contact your local food pantry to find out what other items they may need. Consider gluten-free, dairy-free, nut free items as well.
# 4-H Focus

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

## 4-H Council Meeting

**Monday, November 19th**

4-H Council: 7:00 PM

Hillsboro United Methodist Church

## 4-H Endowment Fund

Club Leaders and one Club Representative will meet before the 4-H Achievement Banquet for the Annual Endowment Fund Meeting.

## Club Leaders

A Club Leaders Meeting will be before the 4-H Council Meeting on Monday, November 19th at 6:30 PM. Please bring your Club’s Financial Review Report.

## Club Leaders & Project Leaders

Returning project and Club Leaders need to complete the Volunteer Service Renewal form and turn it in to our office by November 15th.

New Project Leaders need to complete the Volunteer Service application.

These forms can be found at: [www.marion.ksu.edu](http://www.marion.ksu.edu)

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### Marion County 4-H Achievement Banquet

Marion Community Center  
November 4, 2018

Let’s celebrate the many achievements of our 4-H Youth and Leaders!

Thank you to Brooke Nafziger from the Goessel Goal Getters 4-H Club for designing this year’s Achievement Banquet program cover!
Citizenship Washington Focus
June 13—June 24, 2019

This is an exciting opportunity for youth, ages 15-18 by January 1, 2019, to travel with Kansas 4-H Members to Washington, D.C.! There are 50 spaces available for this trip. Applications will be accepted until January 15 or until the spaces are filled; whichever comes first.

For more information, go to: www.kansas4-H.org

Congratulations!

Congratulations to Ellie Just from the South Cottonwood 4-H Club! One of her fair photos has been chosen for the 2019 4-H Calendar! If you would like to purchase a calendar ($5.00 each), please contact the State 4-H Office at 785-532-5800.

Upcoming Events

Kansas 4-H Robotics SpaceTech Experience in Hutchinson
Friday, November 16 - Saturday, November 17

Kansas 4-H Leadership Weekend (KYLF & KVF) at Rock Springs 4-H Center
Saturday, November 17 - Sunday, November 18

Check out our website for more information!
http://www.marion.k-state.edu/4-h/4HUpdate.html
Upcoming Events

Nov. 3: Marion County Health Fair
Nov. 4: 4-H Endowment Fund Meeting
Nov. 4: 4-H Achievement Banquet
Nov. 5: Stay Strong Stay Healthy Class Ends
Nov. 12: Office Closed for Veteran’s Day
Nov. 15: Durable Power of Attorney Presentation
Nov. 19: 4-H Leaders Meeting
Nov. 19: 4-H Council
Nov. 22-23: Office Closed for Thanksgiving
Nov. 26: Annual Extension Meeting and Voting