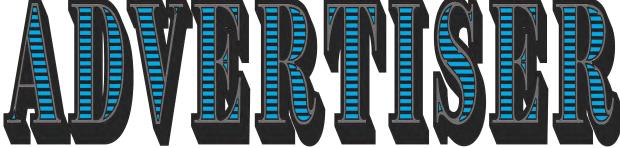
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 Wednesday, May **7, 2025** – Cloud County **Community Supper** from 5:00 to 6:00 p.m. Free Hot Meal, All Are Welcome! Concordia National Guard Armory, 2115 Blosser Drive. Curbside Pick Up Only! For information, call (785) 614-0148.

 Wednesday, May 14, 2025 – Cloud County Community Supper from 5:00 to 6:00 p.m. Free Hot Meal, All Are Welcome! Concordia National Guard Armory, 2115 Blosser Drive. Curbside Pick Up Only! For information, call (785) 614-0148.

3RD SATURDAY CHICKEN DINNER

• Saturday, May 17 -Every 3rd Saturday of the Month from 5:00 p.m. to 8:00 p.m. American Legion Riders, Chapter 76 Concordia-All You Can Eat Buffet Style Chicken Dinner (2nd meat option available). Dine In or To Go Orders. American Legion, 506 Washington, Concordia. (785) 243-9834.

LAUNDRY LOVE

Free Laundry for the Community offered by OCCK Inc. and Laundry-Love.org at 1548 Lincoln St., Concordia, Kansas. Laundry Love provides free access to washers, dryers, and detergent, helping participants wash work uniforms, school clothes, and other essentials. Events held twice a month: **The first** Wednesday of each month: 8:30-10:30 a.m. and the third Wednesday: 4:00-6:00 p.m.

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785-243-4560. To be eligible your household's total monthly income must be below •1 person, \$2,322 •2 people, \$3,152 • 3 people, \$3,981, • 4 people, \$4,810. For each additional family member add \$830.

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By Annie Bergmann, Chamber Director

Please join us on May 13, 2025, from 8:00 a.m. -9:00 a.m. at the Concordia Chamber of Commerce office, 207 W. Sixth Street for our weekly Chamber Coffee.

If you are interested in becoming a Chamber member or being a Chamber Coffee sponsor, please contact Annie Bergmann at 785-243-4290 or email info@concordiakansaschamber.com Join us for coffee and donuts. Donuts provided by Me and Ma's Bakery. Keep up to date on all the events and activities happening in Concordia and the surrounding area.

Our coffee sponsor for May 13, 2025, is the Concordia Senior Center.

The Concordia Senior Center was formed in April of 1977 as the "Concordia Community Senior Citizens Recreation Center." At that time, it was located at 121 West Sixth Street in downtown Concordia. A building was later purchased at 109 West Seventh Street and is the current location of the Center. The name was changed to the "Concordia Senior Center" in 2016. The Concordia Senior Center was organized to serve those 60 years of age and over, but has also served the community at large over the years. For example, the public transportation operation, currently run by OCCK, was run out of the Center for several years. The Concordia Senior Center had operated a Meals on Wheels program in conjunction with the North Central Flint Hills Area Agency on Aging until January of 2024. The Center now operates the program independently and has done so since May of 2024. The kitchen has had a complete makeover with new equipment such as sinks, a dishwasher, freezers, a large mixer, a small oven, dishes, utensils and more. This would not have been possible without the generous donations from the community. The Center itself has also had a facelift with new paint, new flooring, and a new parking area behind the building to better accommodate the volunteer drivers for Meals on Wheels. Some of the activities at the Center include a pool table, exercise program for seniors, card games, coffee club, jigsaw puzzles and bingo, in addition to in-house dining five days per week.



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Mulching Tips

Now is the time of year when people are thinking about mulching their landscape beds. Mulching is an important gardening practice that offers many benefits to the soil as well as your plants. The most important benefit of mulch is that it helps to conserve moisture and keep the soil cooler during our long, hot summers. Mulch is also great at stopping unwanted weeds in your landscape. A freshly mulched area is the finishing touch, like frosting on a cake. Mulching is pretty easy, but there are a few common mistakes that should be avoided.

When mulching around trees, the most common mistake is applying mulch too close to the trunk. Prolonged exposure of the trunk to the moist mulch results in decay of the bark layer, leading to poor growth or death. When properly applied, mulch should start a few inches away from the trunk and extend at least three feet out from the base. The depth of the mulch layer should be about three inches and no more than four inches. When mulching trees, keep in mind that the mulch pile should look like a doughnut, not a volcano.

When mulching around shrubs, follow the same depth guidelines as trees. When piling mulch around the base of the plant, place mulch a few inches away from the base. Shrubs look best in the landscape when large beds or groupings of plants are all mulched together. Remove any grass between the shrubs or other plants and mulch the grouping as a whole.

When mulching around flowers and vegetables, a three-inch layer is recommended. A finer-textured mulch could be used around flowers. Vegetable gardens are best mulched with materials such as straw, leaves, or grass clippings that will break down by the end of the season and can be incorporated into the soil.

When choosing what kind of mulch to use, that is a personal preference. All mulching materials that are organic, except rocks, provide the same basic function. The difference is in the texture, color, lasting power, and, of course, cost. Trees and shrubs look good mulched with just about any material. Flower gardens look best against a darker color and finer grade of mulch. No matter what type of mulch you choose, it is important to follow these tips, not only for a beautiful landscape but for healthy plants as well. If you have any questions, feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.

Winter canola field day set for May 14

K-State's Stamm says event will highlight canola variety testing and marketing

K-STATE RESEARCH AND EXTENSION NEWS SERVICE

MANHATTAN, Kan. - Kansas State University and the Great Plains Canola Association will host a field day in May to highlight winter canola variety development, research and marketing.

According to K-State canola breeder Mike Stamm, the field days are an opportunity to see winter canola variety trials in the field and learn about current and fu ture varieties. He said management decisions to ensure a successful harvest will be discussed. Stamm notes that questions related to marketing of the crop are still

"It's important to give producers an opportunity to get their questions answered," Stamm said. "We want to help producers grow canola with confidence and put everyone in the best position possible to harvest and market a successful crop this summer.'

The field day will be held at the South Central Experiment Field southwest of Hutchinson, beginning at 10 a.m. From the intersection of US Highway 50 and South Dean Road west of Hutchinson, drive south 4 1/2 miles on South Dean Road. The experiment field address is 10620 S. Dean Rd.

The Great Plains Canola Association will sponsor a free noon meal.

To RSVP for the catered meal in Hutchinson, please contact the K-State agronomy extension office atsprite@ksu.edu or 785-532-5776. More information also is available from Stamm at 785-532-3871, or mjstamm@ksu.edu.





K-State expert offers tips for reducing food waste, saving money

Jackson says meal planning, shopping with a list are key steps

BY PAT MELGARES

K-State Research and Extension news service MANHATTAN, Kan. - On average, between 30-40% of

the food in the United States goes uneaten.

"That is food that is either discarded, or just gets thrown out and ends up in landfills or down the drain in the sewer system, or about 4% of it is composted," said Sharolyn Jackson, a family and consumer sciences specialist with K-State Research and Extension's northeast area office.

Thought of another way, uneaten food is also wasted money. Jackson said that an average family of four spends about \$3,000 per year on food that's not eaten.

"That's a huge number," she said. "It's about \$56 a week that your family of four could save, and I can think of a lot of things to do with an extra \$56."

Jackson said consumers should plan their food purchases more closely in order to reduce food waste.

"Sometimes we see a sale at the store and we stock up, but then our plans for that food change," she said. "Or you have food sitting at home that never was part of a meal plan. Or our schedules are unpredictable at times. There are a lot of things that go into using our

"But really," she adds, "it starts with planning. You can start by shopping your pantry, refrigerator and freezer before you go to the store. We often hear the joke that we could probably eat for a couple of weeks without having to go to the store because we forget about the things we already have in storage.

Knowing what foods are on hand forms the basis for a shopping list, Jackson said.

"Use the food items that have been in there the longest...and then plan your meals around some of those items," she said. "And then plan for leftovers. Freeze those foods individually so that you can just grab and go when you don't have time to make a meal. We call those 'planned-overs."

Jackson shared some additional tips to save money on food costs:

Shop with a list. "It's pretty easy to buy on impulse, but you need to stick to your list," Jackson said. If certain meats are higher priced currently, look for alternative meats that would substitute well in planned meals. Planning your meals for the week forms the basis for your grocery list.

Think about portion size. Jackson said consumers often think of restaurant meals as a guideline for portion size, but in reality, many prefer smaller portions. Consider the portion sizes that you and your family prefer when buying foods at the store.

Re-purpose foods for additional meals. "Sometimes you'll have maybe just a spoonful of veggies that is left after a meal," Jackson said. "You can keep a container in your freezer when you accumulate those small portions and make a soup once you have enough of those." Leftover broth from chicken or turkey is also an ingredient that can be frozen and used later.

When buying fresh, consider its shelf life. Fruits and vegetables are in abundance in spring and summer, but Jackson cautions consumers to buy only what they can use in a realistic timeframe. Freezing or canning certain foods is an option.

When storing food is not an option, Jackson encourages consumers to consider donating food to a local food pantry. She notes the success of one such effort through a local Food and Farm Council in Riley County, where she lives.

"In the past year, we've rescued more than 35,000 pounds of food," she said, noting that most food donations come from caterers and restaurants, but also from individuals and local farmers at the farmers market.

"We have a pretty sophisticated system in place to capture that food before it gets to a landfill, and it helps people in need."

Jackson recently spoke at length on the topic of saving money by reducing food waste on K-State Research and Extension's weekly radio program, Sound Living, available online.

BELOIT MEDICAI

More information on saving money and eating healthfully is available at local extension offices in Kansas.



Managing spring flowers and weeds

K-State horticulture expert shares tips to care for bulbs and prevent weeds

K-STATE RESEARCH AND EXTENSION NEWS SERVICE

MANHATTAN, Kan. — Most years, Spring signals the start of a colorful garden and a host of blooming flowers.

Yet, at this point in the season minimal care is needed for spring-flowering bulbs, Kansas State University horticulture expert Cynthia Domenghini said. To enjoy blooms in April, Domenghini suggests following simple care tips to ensure roots are taking in the nutrition to support future growth.

Roses

Before new leaf buds open (bud break), roses should be fertilized and pruned.

"April is a great time to plant new roses in the landscape as well," Domenghini said. "Specific maintenance practices vary based on the classification, or type, of

Domenghini recommends tips from the Growing Roses publication, available from the K-State Research and Extension bookstore.

Easter Lilies

Containerized lilies are common in the spring as they are used to celebrate the Easter holiday.

This perennial bulb can be grown in the landscape to enjoy for years to come," Domenghini said.

The Easter Lily Fact Sheet provides care instruc-

Henbit and Chickweed

Henbit weed is in bloom, creating waves of purple through the landscape.

"Weeds drive most gardeners crazy, but many weeds provide food for pollinators," Domenghini said. "Henbit is one of the first sources of pollen and nectar for honey bees and bumble bees after the long winter."

Henbit and chickweed are winter annuals that germinate in the fall but become more noticeable in the spring, Domenghini added. Treating these weeds is best done by applying a pre-emergent in the fall.

'Controlling for these weeds this time of year is

much less effective," Domenghini said. Manual removal is recommended if the plants can't

be tolerated in the landscape.

The henbit and chickweed fact sheet provides tips for prevention and management in the spring.

Grassy Sandbur

Another annual -- grassy sandbur -- is a grassy weed commonly found in lawns, and spreads profusely as the stickers produced attach to clothing and pets.

"Maintaining a dense lawn is the best defense against this weed," Domenghini said

Alternative solutions can be found in the Grassy Sandbur fact sheet.

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.

Interested persons can subscribe to the newsletter, as well as send their garden and yard-related questions tohortsupport@ksu.edu, or contact your local K-State Research and Extension office.



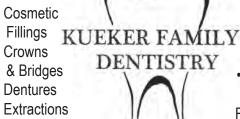




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