Shop Smart at the Farmer’s Market
By: Shanshan Chen, University of Missouri Extension Nutrition and Health Education Specialist

People love farmer’s markets for the wide variety of the freshly harvested, local, and in-season produce. But navigating a farmer’s market can be challenging sometimes, especially if you are on a short budget or not prepared. Here are a few tips to choose from.

Make a list: Check the harvest chart for your area (like this one for Missouri: http://agebb.missouri.edu/fmktdir/harvest.htm) so you know what to expect at the market. Then plan ahead with a shopping list. The list gives you a general idea of what you need, like three bunches of vegetables and enough fruits to make five breakfasts and lunches. But also plan to be surprised, especially if it is your other favorite produce, with a lower price. There is always something new that you usually won’t find at the grocery store, if you would like to give it a try, this is your chance to. Remember to talk to the seller about how to prep/cook/store them.

Browse before you buy: When you arrive at the market, walk around to have an overview of what’s available and their prices. Prices for the same produce can vary from stand to stand, go for the cheap ones but also keep an eye on the quality. It might be helpful if you can write down some good prices along the way so that you won’t forget where they are.

Only buy what you can use: Having a shopping list is always a great idea, but sometimes it’s just tempting to buy more, especially when you know it won’t be available later in the season. To make this easier, plan your meals for a week ahead of time. If you can’t use it up within a week, be sure you know how to store the extra by freezing, canning, or drying them. Not sure about it? It is a perfect time to get to know your food growers and ask questions. For specific food storage/preservation questions, your county MU Extension office can be a good resource as well.

Eating the whole foods: Buying whole forms of produce sometimes really mean getting the whole thing. For example, you may get beets and radishes that come with greens on top (which can be used for salads or soup). It is also giving you more per dollar since you are actually paying 1 for 2. Be sure to talk to the farmers so that you can learn something new.

Shop at the end: Who doesn’t like a good deal? At the end of the market day (often around noon or early afternoon), farmers are packing up and they don’t necessarily want to take everything back that they didn’t sell. So it is more likely for you to get a great price or even for free.

Use your SNAP and WIC: For SNAP and WIC benefit receivers, your benefits can be used at many (not all, though) farmer’s markets. Those markets or farmers that accept the benefits often have signs such as “Use your EBT card here”, or “We accept SNAP benefits”. If not, feel free to ask.

Safety rules always apply: The freshly picked fruits and vegetables at the farmer’s market are often covered by dirt. Be sure to wash your produce clean before preparing and eating to keep the germs away.

Shopping at a farmer’s market is fun and healthy, be prepared and shop smart. If you have questions, comments, or want information on other nutrition/health topics, please contact me at Lafayette County Extension Center: 660-584-3658 or email me at chensha@missouri.edu.
Preserve Jam, Jelly and Other Sweet Spreads—But Hold the Sugar

By: Janet Hackert, Regional Nutrition and Health Education Specialist

As berries and other fruits ripen, many think about preserving the harvest in a sweet form, such as jellies, jams, or other sweet spreads. This spring, University of Missouri Extension released an updated publication called Sweet Spreads and Syrups (GH1461) that explains sugar’s role in these tasty treats and offers some alternatives for those who are concerned about consuming too much sugar.

Although one might be tempted to simply leave out the sugar in a jam or jelly recipe, or to use a sugar substitute to make it lower in sugar and calories, this is not recommended when preserving them. In fact, the sugar plays an important role in getting the gelled consistency that is characteristic of these items. Sugar interacts with the natural pectin in fruits like apples, crabapples, gooseberries, and some plums and grapes to form a gel. Likewise, the sugar is needed with the regular pectin that would be added to strawberries, cherries and blueberries to form a gel for a jam or jelly. In these tested recipes, the sugar also helps to prevent the growth of molds and yeasts in the canned jars of sweet spreads.

To reduce the sugar in jam, jelly or other sweet spread, there are several options. Special types of pectin have been specifically modified for use with less sugar or with sugar substitutes. Watch the label for these particular products and follow the directions on the package. Some tested recipes recommend boiling the fruit for a longer time than usual, with the resulting thickening taking the place of the usual gel that pectin produces. Other tested recipes use gelatin to thicken the sweet spread, but this process requires the resulting product to be stored in the refrigerator or freezer.

For more information on making jams, jellies and other sweet spreads and for recipes made without sugar, with less sugar or with sugar substitutes, ask for MU Extension publication GH1461 Sweet Spreads and Syrups at your local University of Missouri Extension office or online at http://extension.missouri.edu. These recipes have been tested for safety and to make sure that they will result in a satisfactory gelled product.

For more information on this or any other topic, you can also contact me, Janet Hackert, at 660-425-6434 or HackertJ@missouri.edu.

Preparing for Fall Wheat Sowing

By: Wayne Flanary, Regional Agronomist

This past winter wheat yields across the area have been lower than expected because of Fusarium head blight (head scab) and stripe rust. Now is the time to prepare for fall planting by taking several actions.

First, wheat seed should be thoroughly cleaned to remove severely diseased kernels. Germination can be low from Fusarium damaged kernels. Add a fungicide seed treatment to improve the germination rate and reduce the risk of seedling diseases caused by Fusarium during stand establishment.

Varieties should be selected for resistance to scab. Scab affects wheat when rain occurs during flowering. This disease is best controlled through resistance rather than trying to time a fungicide application.

The complete disease package of the wheat variety should be considered. In general, hard red winter wheats are suited for drier areas of Kansas and Nebraska. Soft red winter wheats have better disease packages for varieties suited for Missouri.

The University of Missouri Variety Testing Program has published wheat variety trials across north Missouri. This information can be found by http://varietytesting.missouri.edu/. Check results and look for those that yield well across different sites and if data is available, more than one year.

For more information, contact Wayne Flanary at 660-446-3724 or Heather Benedict at 660-425-6434, Regional Agronomists, University of Missouri.
Break-the-Fast, Beat Your Breakfast Barriers!

By: Penny Crawford, FNEP Project Director

Breakfast is the most important meal of the day. Studies show that children and adults who eat breakfast work more efficiently. Those who skip breakfast become tired, irritable and react slower than those who eat breakfast. Think of your body as an engine. Food’s nutrients and calories fuel your body just like gasoline fuels a vehicle. After an overnight fast of eight to 12 hours, your brain needs fuel for energy. Skipping breakfast leaves your brain without fuel, making it difficult to concentrate and solve problems. Skipping breakfast has also been linked to obesity, causing you to overeat later in the day. Eat breakfast to supply your body with nutrients, to prime your brain for problem solving, concentrating and memorizing.

Add breakfast to your daily diet by making small changes to your morning routine. If you’re not a breakfast eater, start by adding a glass of milk or a piece of fruit or try nontraditional breakfast foods like pasta or crackers with cheese. Balance and enjoy foods in moderation, if you like sugar coated cereal, mix it with whole-grain cereal; if you like bacon and eggs enjoy it one day and have oatmeal topped with raisins and fat-free milk the next.

Choose foods from several food groups to give you a variety of vitamins and mineral that will sustain you until lunch. Breakfast should provide about 30% of your calories and nutrients for the day. Choose foods high in iron, like whole and enriched grains and cereals, raisins, prunes and dried apricots. Enjoy nontraditional breakfast food that are high in iron including nuts, dark green leafy vegetables, meat, poultry and fish. Vitamin C improves your body’s absorption of vitamins and minerals. Try to drink orange juice, which is rich in vitamin C, instead of coffee or soda with your breakfast. On those rushed mornings when you may have to grab a breakfast bar or toaster pastry, be sure to include milk or juice to boost your breakfast’s nutritional value.

Try These Fast, Easy, Nutrient-Packed Breakfast Ideas!

- Whole-grain cereal topped with a banana and low-fat milk
- Peanut butter rolled in a tortilla and a cup of 100 percent juice
- Smoothie with low-fat milk, fruit and bran
- Oatmeal sprinkled with raisins and nuts
- Low-fat yogurt topped with granola and fruit
- Bagel spread with low-fat cream cheese and topped with sliced fruit
- Trail mix made with your favorite cereal, nuts and dried fruit
- Boiled egg, fresh fruit and an English muffin
- Whole-grain toast topped with scrambled eggs and salsa
- Leftovers from last night’s dinner and a glass of low-fat milk

For more information contact Penny Crawford, NW Regional FNEP Project Director, or Connie Mowrer, NW Regional FNEP Program Manager at 816-632-7009.

Adapted from FNEP Show Me Nutrition Display Board “Break-the-fast”

For more information, call MU Extension’s Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.
Where There’s a Will...

By: Meridith Berry, Family Financial Education Specialist

Where there is a will, there is a lot less trouble for your family when you die. Facing your own mortality and making plans for your estate is one of the best gifts you can give your family. Even if you are of modest means, you have an estate and you cannot take it with you. Talking about death is difficult for many of us; we imagine what life would be like without a loved one, and it is upsetting. Be that as it may, it is an eventuality we all have to face. Even if you are young and healthy, you need to plan ahead.

Begin with a will. This is a legal document that states how your assets are to be allocated and more importantly, who becomes guardian of any minor children. If you die without a will, called intestate, the state court will appoint an administrator who will oversee the distribution of assets and will choose a guardian for your minor children. They will be bound by state statute and act accordingly.

A will is relatively easy to make. You can go online and download the legal software to make a will, or you can go to an attorney who is more knowledgeable about state laws and can help you make choices in how your estate is administered. There are attorneys who will charge a flat fee (under $200) to formalize your will and set up a power of attorney.

Before you visit an attorney, choose your power of attorney agent and choose someone you trust as executor of the will. The person with power of attorney will make decisions for you during your life if you are unable to speak for yourself. The executor is responsible for paying your liabilities from the estate before it is distributed, then allotting the balance of your estate. If you have a large debt, consider a term life insurance policy to pay off obligations owed. Choose guardians for your pets and minor children and ask them if they would be willing to take on the responsibility of parenting. (Don’t take it personally if they say no.) If you choose someone outside the family to be guardians, be sure the family knows you expect them to support your decision.

Once the will is in place, you have a few more tasks. First, make a list with the location and numbers of all your bank accounts, investment accounts, retirement accounts, insurance policies, bank deposit boxes, and buried treasure (GPS coordinates are good for this). List anything that is co-owned, and check the beneficiaries of insurance policies and retirement accounts. Those listed on the documents will inherit even if you have designated another in your will. Make sure this is in a safe place with your will and your executor knows where to find it.

Disagreements over money and material goods are enough to bring any family to blows, so make sure everyone knows what is in the will. If you have a special memento for someone, you can list it separately in the will. I know people who write names on paper and stick them to the item. I also know of people who switch the name tags or remove them all together. Sneaky. You can license cars or motorcycles with a Transfer on Death (ToD) title. This will supersede a will. You can also have a Paid on Death (PoD) for a bank account.
If you are interested in attending a program on Estate Planning, one is scheduled for September 21 and September 28 at the Hoover Theater in the Jewett Norris Public Library, 1331 Main in Trenton, MO, 5-7 p.m. For more information about this event and other financial topics, contact the Family Financial Education Specialists, Meridith Berry (660) 359-4040 ext. 248 (berrym@missouri.edu) or Trish Savage, (660) 886-6908 (savaget@missouri.edu).

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Finally, update the will as you add (and subtract) members of your family. You may need to change the executor or guardians. Destroy old versions of the will, and store the new one in the safe place. Give a copy to a family member or friend. When you die, your family does not need the added burden of taking care of your unplanned estate. Take action now.

**Bank Overdraft Protection Services**
*By: Trish Savage, University of Missouri Extension Financial Education Specialist*

Overdraft Protection is an option many banks and credit unions offer to clients so their transactions (demands for withdrawal) will be processed and vendors paid even when there are insufficient funds in their bank account. Each time the service advances funds to cover the check, debit, or automatic bill payment, an overdraft fee is charged (basically it is a short term loan for a fee and interest).

Do you use an overdraft protection service? If so, you are one of the many consumers who do. Increased use and cost of these services has drawn attention and raised concerns from the Consumer Financial Protection Bureau (CFPB). According to a CFPB report (June 2013), 61 percent of service charges came from fees for overdrafts and insufficient funds in 2011. The report also found that consumers who chose to opt in for the service ended up paying higher fees and were more likely to end up with involuntary account closures than those who declined to opt in.

The best way to prevent costly overdraft charges is to manage your cash flow. Simply put: know your account balance and spend accordingly. But, “life happens” and situations can arise when your funds don’t cover your spending. As with any product or service, consumers must be aware of the costs involved. There are a variety of ways to cover overdrafts, some more costly than others. Before choosing or “opting in” for overdraft protection, find out specific options, fees, limits and factors involved with your individual account.

Tips to avoid overdrafts: adhere to a spending plan based on your income; arrange automatic deposit from income sources or use mobile bank deposits; enter all transactions into your check registry, updating balance; compare your records with the banks (check on-line for most up-to-date balances); arrange for email or text alerts to warn of possible overdraft; maintain “cushion” dollars to cover miscalculations, untimely withdrawals or deposits.

For the CFPB report visit [http://www.consumerfinance.gov](http://www.consumerfinance.gov) or for articles on overdraft protection plans, visit: [http://www.consumer-action.org](http://www.consumer-action.org)

As always, if you have questions or comments or want information on another personal finance topic, please contact me at the Saline County Extension Center: 660-886-6908 or savaget@missouri.edu.
Every year I receive many calls from homeowners about landscape trees that are dying. Usually these are older trees which add much practical and aesthetic value to the yard. If a large tree such as this is lost, it will be many years before its replacement will attain this size. Thus, the homeowner is willing to spend a lot of time, energy, and money to try to save the tree. Sometimes these efforts can be successful. But all too often, the tree is starting to die, and not much can be done to reverse the process. When approaching an individual case, I first look for obvious symptoms of disease. Sometimes a specific disease has attacked the tree, and if the tree is in otherwise good health, it may be treated and saved. This is often the case with younger trees. If no particular disease can be found, and if no apparent damage is seen, the tree is usually thought to be in “tree decline.”

“Tree decline” is a generic term which covers a multitude of problems. Usually the problems are traceable to long-term environmental stress. These stresses may allow secondary insects and diseases to attack the tree. An example of environmental stress is a tree that is planted in an unsuitable location. Trees have preferences for soil types, climates, sunlight requirements, and growing space. If the tree is forced to grow in a less-than-optimal situation, stress will result, which over the long run may cause the tree to decline.

Other types of stress may include severe drought, flooding, construction damage, soil compaction, poor drainage, heavy insect infestations, structural damage, and similar problems. Sometimes these problems can be treated or corrected, which will extend the life of your tree.

It’s best to take early corrective measures when these types of stresses are observed.

Often, secondary insects and diseases may invade trees under such stress. Some wood boring insects provide an example. Many of these insects attack only weak trees. If the tree had been in good health, the insects would have gone elsewhere. Even if you remove the insects, they will return, since the tree is in decline. Another example is root diseases, a very common problem in our area. Physiological changes occur in the roots of stressed trees which allow diseases to infect and kill them. Healthy, non-stressed trees won’t have this problem.

How can you avoid tree decline? If you are planting the tree, the first step is to choose a proper site, well-suited to the tree’s requirements. Avoid overcrowding. Too many trees in a given area produce stress as they mature. If any other trees are weak and dying, consider removing them as they may

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Cover Crops for Prevented Planting Acres

By: Wayne Flanary, Regional Agronomist

Wet conditions across our area continue and there are acres left unplanted. Cover crops are a choice, if we can get them planted, to suppress weeds, control erosion and add nitrogen for next year’s crop.

Several cover crops will fit Northwest Missouri depending on your goals and how much you want to spend on cover crop seed.

Warm season grass cover crops include sorghum-sudan, pearl millet, grain sorghum and corn. These will scavenge nitrogen and produce a lot of biomass and will die at first hard freeze. Seed can be obtained that is male sterile if concerned about off-types of sorghum-sudan.

Other grass cover crops include cereal rye, winter wheat, triticale and spring oats. Cereal rye has more flexibility than most. However, be sure to terminate cereal rye two weeks prior to planting corn.

If you are looking to provide nitrogen for next year, consider hairy vetch, peas, cowpeas, soybeans or sun hemp. If you are in a winter wheat rotation, be careful of hard seed from hairy vetch which could cause problems in marketing wheat. Hard seed lays in the soil and can germinate in the future during the wheat rotation.

Cover crops can be planted as a single species which is easier to manage or in mixes which will provide multiple benefits and diversity.

Crop insurance has some restrictions that must be considered. If a grower decides to utilize a cover crop during or after the end of the late planting period and wants to receive a full PP payment, the cover crop can not be hayed or grazed before November 1. Also, the cover crop cannot be harvested for grain or seed at any time. If you have questions, contact your insurance agent.
The 2015 State 4-H Public Speaking Contest is an exciting time, whether you’re new to this event or more experienced. It will be held Saturday, October 24 at Middlebush Hall on the MU Campus in Columbia from 9 a.m. to 6:30 p.m.

WHEN: October 24, 2015  
WHERE: Middlebush Hall on the MU Campus  
COST: $25 per competitor, family members free.  
PRE-REGISTRATION REQUIRED  
Registration Opens: July 15 on 4HOnline Credit Card Payment preferred. If paying by check, bring check to office within one day after registering.  
Registration Closes: August 31

Categories and Divisions

Youth compete in one of the following categories:

• Prepared Speech  
• Extemporaneous Speech  
• Technical-Assisted Speech  
• Humorous Interpretation  
• Dramatic Interpretation

To promote fair competition and create smaller sections (rooms) in which to compete, older competitors are divided into Junior (ages 8-10), Intermediate (ages 11-13) and Senior (ages 14-18) age divisions.

Dress Code

The requested dress code for this event is business formal, meaning dress shirts and ties, skirts or dress pants, and jackets if desired. Note that you will not be penalized if you do not have business formal attire. Schedule Registration begins at 8:30 a.m. and closes at 9:25 a.m. All contestants must be registered by 9:25 a.m. The closing awards assembly will begin at 3:15 p.m. and end by 6:30 p.m. Why So Late? Because – despite our best efforts and multiple strategies over the last 8 years – it simply takes the tabulation room that long to finalize all scores from all categories (including semifinals and finals). While they finish their work, there will be a “communication celebration” to celebrate the great work of our young speakers, meet new friends, and set the tone for the Awards Ceremony.

For more contest information, visit  
http://4h.missouri.edu/go/events/publicspeaking/
Pictured in the photo left are Nickell Norris, Kelsey Dunlap, Baylee Price, Mariah Gach, and Chelsea Price all holding their winning ribbons! They also won the stall decorating contest! Below, they participated as a group in the costume class as Hollywood Celebrities, complete with a pink limousine cart pulled by ‘Little Dude’ (center front). Below right, Mariah Gach with her first place riding Poncho. Way to go ladies!
AUGUST 2015

19 Building Stronger Families (Chillicothe), Wednesday, August 19th, 2015 from 9 a.m. to 11 a.m. at the North Missouri Center for Youth & Families, 211 Locust Street, Chillicothe, MO. The session topic will be on family strengths: What are they? How can your family be stronger? The cost is $40.00. For more information contact Jessica Trussell at trusselljl@missouri.edu or at 660-646-0811.

21 Starting and Managing a Business, Friday, August 21st, 2015, from 8:30 a.m. to 4:30 p.m. at the University of Central Missouri, Dockery Building, Room 107, Warrensburg, MO. This eight-hour offering will acquaint you with the basics of starting and managing a small business in Missouri. It is designed for those who are thinking about starting a business, have made a decision to start a business or have been in business for less than two years. The cost is $75.00 per person. Register online or contact the SBTBC at 660-543-440.

25 Graves-Chapple Research Center Field Day, Tuesday, August 25th, from 8a.m. to 2 p.m. at the Graves-Chapple Research Center in Rock Port, MO. This is the twenty seventh annual field day. Topics will cover the pressing issues facing the agricultural producer at the time with an emphasis on environmental quality, stewardship and profitability. For more information contact Jim Crawford at CrawfordJ@missouri.edu or at 660-744-6231.

26 Hundley Whaley Field Day, Wednesday, August 26th, from 9 a.m. to 1 p.m. at the Hundley Whaley Research Center in Albany, MO. Topics will cover the pressing issues facing the agricultural producer at the time with an emphasis on environmental quality, stewardship and profitability. For more information contact Bruce Burdick at burdickb@missouri.edu or at 660-726-3698.

30 Buchanan County Area Livestock Show and Sale, Sunday, August 30th, 2015, at the Andrew County Fair Ground in Savannah, MO. To register or for more information, visit the Buchanan County Extension website at extension.missouri.edu/Buchanan.

SEPTEMBER 2015

10 Tomato Fest 2015, Thursday, September 10th at the Buchanan County Extension Office, 4125 Mitchell Ave, St. Joseph, MO. Tomato Fest will be presented by the University of Missouri Extension and the Northwest Missouri Master Gardeners. Master Gardeners and Horticulture Specialists from the University of Missouri will be on site to discuss producing, preparing, and preserving tomatoes and will offer the opportunity to evaluate many tomato varieties grown on site. Contact the Extension Office with any questions, 816-279-1691.

24 Women in Agriculture Event, Thursday, September 24th, starting at 5 p.m. at the June Conley Building in Maysville, MO. Doors will open at 5:00 p.m. for attendees to visit local vendor displays, followed by a Container Gardening Workshop at 6:00. Dinner will be served 6:30. Well known guest speaker, Andrew McCrea will share stories about the impact of women in agriculture at 7:00. Registration is $8, deadline is September 10. Seating is limited, register early! Contact the Buchanan County Extension office for more information at 816-279-1691.

For additional Northwest Region events, please contact your local extension office or visit www.extension.missouri.edu
### Regional Director
Karma Metzgar, St. Joseph (816) 279-6064
Jeff Knadler, St. Joseph (816) 279-6064

### Agriculture

- **Ag Business**
  - Randa Doty, Maryville (660) 582-8101
  - Vacant, Chillicothe (660) 646-0811
  - Bob Kelly, St. Joseph (816) 279-1691
  - Vacant, Higginsville (660) 584-3658

- **Agronomy**
  - Heather Benedict, Bethany (660) 425-6434
  - Wayne Flanary, Oregon (660) 446-3724
  - Vacant Richmond (816) 776-6961

- **Livestock**
  - Shawn Deering, Albany (660) 726-5610
  - Jim Humphrey, Savannah (816) 324-3147
  - Amie Schleicher, Rock Port (660) 744-6231

- **Horticulture**
  - Tim Baker, Gallatin (660) 663-3232
  - Tom Fowler, St. Joseph (816) 279-1691

### Business Development and Procurement
Clint Dougherty, PTAC, St. Joseph (816) 279-1691
Vacant, Carrollton (660) 542-1792

### Community Development

Jerry Baker, Rock Port (660) 744-6231
Beverly Maltzburger, St. Joseph (816) 279-1691

### 4-H Youth Development

- **Specialists**
  - Kathleen Bondy (Lafayette) (660) 584-3658
  - Nancy Coleman (Ray) (816) 776-6961
  - Debbie Davis (Clinton, DeKalb, Caldwell) (660) 539-3765
  - Annette Deering (Nodaway, Worth, Atchison) (660) 582-8101
  - Shaun Murphy (Livingston, Mercer, Grundy) (660) 646-0811
  - Becky Simpson (Daviess, Harrison, Gentry) (660) 663-3232
  - Vacant (Buchanan, Andrew, Holt) (816) 279-1691
  - Taylor Bryant (Saline, Carroll) (660) 886-6908
  - **(Bolded county name indicated headquartered county)**
  - Vacant (Buchanan) (816) 279-1691
  - Jena Eskew (Livingston) (660) 646-0811

- **Youth Program Associates**
  - Vacant (Buchanan) (816) 279-1691
  - Dale Hunsburger (Clinton, DeKalb, Caldwell) (816) 539-3765
  - Kelly Todd (Holt) (660) 446-3724
  - April Meighen (Mercer, Grundy) (660) 748-3313
  - Samantha O’Riley (Atchison) (660) 744-6231
  - Anita Reid (Carroll) (660) 542-1792
  - Janet Sager (Gentry) (660) 726-5610
  - Bart Skroh (Harrison) (660) 425-6434
  - Carol Williams (Andrew) (816) 324-3147
  - Pat Wood (Livingston) (660) 646-0811
  - Vacant (Worth) (660) 564-3363

### Human Environmental Sciences

- **Family Financial Education**
  - Meridith Berry, Trenton (660) 359-4040
  - Trish Savage, Marshall (660) 886-6908
  - Vacant, Savannah (816) 324-3147

- **Housing & Environmental Design**
  - Connie Neal, Maryville (660) 582-8101

- **Human Development**
  - Vacant, St. Joseph (816) 279-1691
  - Jessica Trussell, Chillicothe (660) 646-0811

- **Nutrition & Health Education**
  - Janet Hackert, Bethany (660) 425-6434
  - Shanshan Chen, Higginsville (660) 584-3658
  - Vacant, Trenton (660) 359-4040
  - Vacant, St. Joseph (816) 279-1691

### Northwest Region’s Small Business & Technology Development Centers
Northwest Missouri State University, SBTDC Regional Office, Maryville
- Larry Lee (660) 562-0823
- St. Joseph Satellite Office
  - Rebecca Evans (816) 364-4105
  - Chillicothe Satellite Office
  - Matt Trussell (660) 646-6921
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This is a publication that combines topics on Human Environmental Sciences, Horticulture, Agriculture, 4-H Youth Development, Business Development, and Community Development. It is published by extension specialists for individuals and families living in Northwest Missouri. Your local county extension council provides funding for this newsletter.

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