Staying fit at home can be part of the daily routine. But when one is away from home or when new activities keep a person from doing the regular routine, getting adequate physical activity may be more of a challenge. Fitness is still important though whether at home or away.

When staying away from home, plan time for aerobic activity. The American College of Sports Medicine (ASCM) recommends adults “engage in at least 150 minutes of moderate-intensity exercise each week.” To fit this in while staying at a hotel, take advantage of the fitness room or pool. If there are no special facilities, walk the halls and stairs or parking lot or find a location nearby. Many cities have parks, fitness centers, a YMCA or public gym. There are many options for getting some cardiovascular activity in at these types of facilities. Many communities also have a large store or mall to walk in, outdoor walking, biking or skating trails and fitness trails. A fitness trail, or parcourse, provides for both the aerobic exercise of walking, jogging or running the course and calisthenics stations such as jumping jacks or stair stepping, along with strength training stops for exercises such as crunches or chin-ups.

Strengthening exercise is also an important component for overall fitness. ACSM recommends that adults train each major muscle group two or three days each week on non-consecutive days to help improve strength and power. “For each exercise, 8-12 repetitions improve strength and power, 10-15 repetitions improve strength in middle-age and older persons starting exercise, and 15-20 repetitions improve muscular endurance.”

The resistance for strength training exercises can be created by using hand weights and ankle weights. When traveling, there are some options for strength training. Free weights or weight machines may be available in a hotel’s fitness room or at a nearby gym. Many hotels that do not have their own work-out facilities have a cooperative agreement with a local business and patrons can get free or reduced-rate use of equipment. An alternative is to bring resistance bands or tubes. These are light-weight, take up little space, and make a work-out possible just about anywhere or anytime. They come in a variety of resistances so select carefully.

For more information on staying fit at home or away, or any other topic, please contact me, Janet Hackert, at 660-425-6434 or HackertJ@missouri.edu or your local University of Missouri Extension office.
In days gone by, no food was wasted. This year with rain after rain, so many people’s gardens are just not producing like expected. It may be time to reconsider what can be eaten from the garden – the usual and the less common – and make the most of what does grow.

Texas Cooperative Extension has an interesting guide called *Secondary Edible Parts of Vegetables*. It describes the most familiar parts of a variety of vegetables. It also includes other parts of the same plant that could be eaten, though it may take some creativity to maximize the stronger or milder flavors associated with those parts. For example, typical fresh greens used for salad or otherwise eaten raw include spinach, a variety of lettuces, cabbage or even turnip greens. Other greens include the leaves of snap beans, lima beans, carrots, cauliflower, kohlrabi, okra and peas. Some greens, such as beet and broccoli leaves, have a strong flavor but can enhance and liven up a salad made from other milder greens and have the benefit of added nutrients. Sweet potato leaves, for example, bring the added value of extra protein, a nutrient not usually associated with greens. And of course, many of these greens may also work well cooked. Likewise, greens can be canned, following the recommendations for canning spinach and other greens.

With lower production, whether in the garden, at a farmers market or vegetable stand or in a store, make the most of the vegetable by using all its edible parts. For example, most people eat the “flower” of a head of broccoli. The stems can also be used – cooked or cut into broccoli sticks for a healthy snack. And the leaves can be eaten. Likewise, the outside of a sweet pepper is the most likely part to be used. But the seeds and membrane are also edible and can be added to a stir-fry, stew or other dish.

There are also wild greens that are edible and nutritious and free for the eating for those who have them growing on their property. Oregon State University Extension Service has a nice guide called *Edible Wild Greens: An Introduction*, with information on identification, use and nutritional value. The Missouri Department of Conservation also has some recipes for using these wild edibles.

For more information on making the most of vegetables, or any other topic, contact me, Janet Hackert, at 660-425-6434 or HackertJ@missouri.edu or your local University of Missouri Extension office.
Ever think about canning and selling that delicious salsa recipe? Or wonder if the jar of pickled beets sold on the counter at a favorite diner is safe? There are steps that must be taken to make sure the consumer gets a safe product.

The main concern with canned food is any microorganism that may be present in the food before preserving it. With canned produce, the most likely culprit would be Clostridium botulinum which causes botulism. It forms spores that create a deadly toxin. The perfect environment for developing a hearty crop of this microorganism is the same environment as is present in a sealed jar of food. In fact, Londa Nwadike, University of Missouri/Kansas State University Extension Food Safety Specialist, reports that, “only a few nanograms can cause paralysis and death.” In an incident reported in the spring of 2015, one woman died and 21 others were sick with botulism, mostly likely originating from improperly home-canned food served at a potluck. Therefore it is essential to destroy the microorganisms before the jar is sealed.

What process is required to safely can produce depends on what the food is and how it is prepared. MU Extension has a series of guides called Quality for Keeps that describes these processes for home food preservation.

When it comes to selling canned products, what is required to insure a safe product depends on the acid and sugar levels and whether the product is refrigerated or not. In order to sell these products, the seller may need to follow some or all of a number of steps which may include producing the product in an inspected kitchen, going through a process review, keeping pH records for the process, monitoring water activity measurements, using a commercial retort for canning, monitoring refrigerator temperatures, or other steps, depending on what the product is. The person responsible for the process may have to attend Better Process Control School as well.

University of Missouri Extension has two handouts that may be helpful for someone starting up a business to sell canned goods: Regulations for Selling Safe Canned Foods in Missouri and Food Labeling for Missouri Food Producers and Processors. These can be found at http://missourifamilies.org/foodsafety/newsletters/. MU Extension also has Business Development Specialists who can help with the business side of selling these items.

For more information on selling safe canned foods contact Dr. Nwadike directly at 816-482-5850 or nwadikel@missouri.edu. Or for more information on this or any other topic, contact me, Janet Hackert, at 660-425-6434 or HackertJ@missouri.edu or your local University of Missouri Extension office.
Make Your Calories Count!

By: Penny Crawford, FNEP Project Director

Your body needs a certain number of calories to keep it going. Think of the calories you need like money you have to spend. You have a total calorie “budget”, and this budget can be divided into “essentials” and “extras”. In a calorie budget, the “essentials” are the minimum calories required to meet your nutrient needs. The “extras” are calories that can be used on luxuries like solid fats, added sugars, alcohol, or more food from any food group.

Many of the foods and beverages Americans eat and drink contain empty calories, calories from solid fats and added sugars. Solid fats and added sugars add calories to the food but few or no nutrients. That is why calories from solid fats and added sugars in foods are often called empty calories. These are the “extras”. Learning more about solid fats and added sugars can help you make better food and drink choices. The foods and beverages that provide the most empty calories for Americans are:

- Cakes, cookies, pastries and doughnuts
- Sodas, energy drinks, sports drinks and fruit drinks
- Cheese
- Ice cream
- Sausages, hot dogs, bacon and ribs

Enjoy your food, but eat less. A small amount of empty calories is OK, but most people eat far more than what is healthy. It is important to limit empty calories to the amount that fits your calorie and nutrient needs. Try eating and drinking foods and beverages with empty calories less often, choose a smaller amount to eat or drink or choose foods and beverages with fewer solid fats and added sugar.

What are added sugars? Added sugars are sugars and syrups that are added to foods or beverages during processing or preparation. This does not include natural sugars like those found in milk and fruit. Reading the ingredient label on processed foods can help to identify added sugars. Names for added sugars on food labels include:

- Brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, malt syrup, molasses, raw sugar, sucrose, sugar, syrup

Foods that contain most of the added sugars in the American diet are regular soft drinks, candy, cakes, cookies, pies, fruit drinks, ice cream, sweetened yogurt, sweetened milk, sweet rolls and cinnamon toast.

What are solid fats? Solid fats are fats that are solid at room temperature, like butter and shortening. Solid fats come from many animal foods and can be made from vegetable oils through the process called hydrogenation. Some common solid fats are butter, beef fat (tallow, suet), chicken fat, pork fat (lard), stick margarine and shortening. Foods high in solid fats include:

- Many cheeses, creams, ice creams, regular ground beef, bacon, sausages, poultry skin, well-marbled cuts of meats, many baked goods (such as cookies, crackers, donuts, pastries and croissants)

How are solid fats different from oils? Solid fats contain more saturated fats and/or trans fats than oils. Oils contain more monounsaturated (MUFA) and polyunsaturated saturated fats, trans fats and cholesterol. Trans fat can be found in many cakes, cookies, crackers, icings, margarines and microwave popcorns. Food containing partially-hydrogenated vegetable oils usually contain trans fats.

Choose healthier options. These foods and beverages are the major sources of empty calories, but many can be found in forms with less or no solid fat or added sugars. For example, low-fat cheese and low-fat hot dogs can be purchased. You can choose water, milk or sugar-free soda instead of drinks with sugar. Check that the calories in these products are less than in the regular product.

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 “Discretionary Calories”
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.
WEATHER OBSERVATIONS
By: Tim Baker, Extension Professional and Horticulture Specialist

Since 2007, I have been a CoCoRaHS observer in Gallatin. CoCoRaHS is short for the Community Collaborative Rain, Hail and Snow Network. It is open to anyone who has an interest in measuring precipitation, and reporting it to the CoCoRaHS web site every morning.

In those years since 2007, I have seen everything from excessive rainfall (15.85 inches above normal in 2009) to excessive drought (12.73 inches below normal in 2012).

In Gallatin, 2008-2010 saw above normal precipitation for each year. In 2011, we started seeing below normal precipitation every year. The 2012 drought was certainly one to remember. It lingered well into 2013, and while we were out of drought conditions by the end of May 2013, the drought re-emerged across northwest Missouri less than two months later in July 2013. Both years after 2012 saw below normal precipitation: -2.09 in 2013 and -3.45 in 2014.

2015 may see a reversal of that trend, since May and July had excessive rainfall. For May, I measured 8.93 inches in Gallatin, which was 3.63 inches above normal. July saw a total of 7.41 inches, which put us 2.88 inches over normal. Ironically, June was short 0.88 inches, compared to normal, at least in Gallatin. Of course, there’s no telling what the rest of 2015 will do. And January through April was below normal every month in Gallatin.

For those who might want to see the details of these observations, I have added a “Climate and Meteorology” page to my web site. Included are my precipitation, snowfall, and evapotranspiration records for Gallatin, MO. My web page can be found at: http://extension.missouri.edu/nwhort/home.aspx

Keep in mind that these records are only for Gallatin, and other locations will vary.

While it’s interesting to look at the rainfall records for the year as a whole, if you are growing crops, you might wonder what the patterns look like during the growing season.

You can look at individual months, but I like to look at the water balance chart. This chart compares evapotranspiration (the moisture that is being lost to the atmosphere) vs. precipitation (what comes down in the form of rain, snow, ice, etc.). I take daily evapotranspiration measurements every year from May through October. I started this last year. I have left last year’s water balance chart on my web site, and it clearly shows that balance throughout the summer. We got rain at the right time in 2014, for the most part. However, the chart for 2015 is clearly on the surplus side.

If you are interested in becoming a CoCoRaHS observer, please feel free to contact me. It requires a computer and web connection so that you can report your data each day. You also must have an official CoCoRaHS four inch gauge which measures up to 11 inches of precipitation. There are many places in our Northwest Extension Region where actively-reporting CoCoRaHS observers are sparse. We would be happy to welcome more folks to this program.

SOFT RED WINTER WHEAT TRIAL RESULTS AVAILABLE
By: Wayne Flanary, Regional Agronomist

The 2015 soft red winter wheat trials conducted by the University of Missouri Ag Experiment Station are available at your local Extension office. The booklet has three sites along north Missouri. Many of the varieties did quite well.

The highest yield at the Columbia site was 47 bushels. Novelty, which is located in Knox County, yielded 64 bushels and Trenton, located in Grundy County, yielded 75 bushels.

The publication includes multiple year yields, test weight, lodging and plant height information.

For more information, contact Wayne Flanary at 660-446-3724 or Heather Benedict at 660-425-6434, Regional Agronomists, University of Missouri Extension.
I recently attended “Prairie Days” at the Dunn Ranch in Harrison County. My main objective was to see their bison herd, which I was able to do. But before that, I took a quick jaunt through a native prairie area with a Missouri Department of Conservation botanist, to identify many of the native species of plants growing there.

It wasn’t long before we came upon several examples of dodder. Dodder is a fascinating plant, but not something you want to grow in your garden. Dodder is usually described by gardeners who call me as a pale yellow, spaghetti-like plant which is taking over the area in their garden where it has become established.

Dodder is a summer annual weed, which produces yellowish/orange to near-white, leafless vines and tendrils. These vines twist around the host plant, and quickly engulf it. These plants are true parasites, and derive all their nourishment from the host plant. After germinating from a seed, the plant sends up an initial vine which must attach itself to a suitable host. If it does not do this quickly, the plant will die. When it finds a suitable host, dodder inserts root-like haustoria into the host plant to feed on it.

As the plant matures, it will form tiny flowers. These flowers will, in turn, form seeds. It may form as many as 5,000 seeds on a single plant. If the plant is not removed before this stage, the seeds will fall to the ground, and you will soon have a dodder problem. Because of a hard seed coat, these seeds are long-lived in the soil, and will germinate year after year, and the dodder infestation will increase, unless you take measures to control it. In a garden, that means removing it as soon as you see it. Don’t give it a chance to flower and produce seeds.

Unfortunately, this usually means removing the host plant as well as the dodder. I once talked to a gardener who told me she kept removing the dodder from the plant, but it kept coming back. That is because once established, the dodder can regenerate from the haustoria imbedded inside the host plant. So it’s usually a good idea to remove and destroy the host plant as well.

Dodder can also regenerate from stem pieces. That’s right. If you carry pieces of it somewhere else, and it happens to land on a suitable host, then it can establish itself on the new host in short order. Did someone say, “noxious weed?” I believe it is considered in that category, in some parts of the country.

Dodder is also known to transmit plant diseases. It has been shown to vector pear decline, aster yellows, tomato big bud, vinca virescence, and elm phloem necrosis.

Unfortunately, dodder is difficult to eradicate, once it is established, especially in crops. Fortunately, it isn’t common in our part of the country. Because it is leafless, chemical control is difficult. Some pre-emergent herbicides are effective, but once it has germinated, it is there for the season. Home control is much easier. Simply remove the dodder and host plants, and be on the lookout for new seedlings. But you may have to keep after it for several years before it is entirely removed.
Local Residents Chosen as State Fair Farm Family for Buchanan County

Tom and Lynsey Knadler and family of Easton, MO were among the 110 families honored during the Missouri State Fair’s Farm Family Day on August 17, 2015.

The Knadlers were selected as the Buchanan County Missouri State Fair Farm Family by the Buchanan County Extension Council and local Farm Bureau. The family also includes their son Lane Knadler.

Each year, the fair sets aside a day to recognize farm families from across the state who are active in their community, involved in agriculture, and participate in local outreach and extension programs such as 4-H and FFA.

The Knadlers are strong supporters of Extension in Buchanan County. Tom currently serves as the Vice-Chair for the Buchanan County Extension Council.

The annual event was sponsored by the Missouri Department of Agriculture, the Missouri Farm Bureau, the Missouri State Fair, the University of Missouri College of Agriculture, Food and Natural Resources, and University of Missouri Extension.

Stockpile Fescue to Supplement Forage Needs

By: Wayne Flanary, Regional Agronomist

Last week at the Hundley-Whaley Focus on Forages meeting, it was discussed that several growers have not been able to harvest forage because of the wet weather. One option to address the availability of forage for the winter would be to apply 30 to 50 pounds of nitrogen on tall fescue to stimulate fall growth and use this as feed in winter.

Research conducted at MU indicates that if the nitrogen is not used this fall by the fescue, it will still be available for use in spring. This is a great opportunity to increase forage and use cattle to harvest the grass.

For more information, contact Wayne Flanary at 660-446-3724 or Heather Benedict at 660-425-6434, Regional Agronomists, University of Missouri Extension.
The season has added another complexity for area soybean producers. Soybean aphid has been found in a few fields above economic threshold. Soybean fields should be scouted especially those planted late. Soybean aphid has an economic threshold of 250 aphids or more per plant on plants from flowering through partial pod fill. This is a warning population level at which treatment is justified. The economic injury level is 1006 aphids per plant. This difference allows for a 2 to 4 day period in which to treat an increasing population of aphids. These economic thresholds and economic injury levels are for soybeans from the R1 to R5 growth stages.

Yields of 0 to 14 bushels/A may be protected when economic infestations of soybeans are treated at the R1 stage of growth and decreases with each increasing growth stage until a yield protection of 0 to 2.5 bushels/A is typically realized at the R5 stage of plant growth.

Growers typically ask if soybean aphid should be treated before the 250 economic threshold. The answer from numerous studies indicates no. Should growers treat soybean plants once they reach the R6 growth stage (completion of pod fill)? No studies in the U.S. show advantages to treating aphid infestations on R6 or later growth stage of soybeans.

For more information, contact Wayne Flanary at 660-446-3724 or Heather Benedict at 660-425-6434, Regional Agronomists, University of Missouri Extension.

---

University of Missouri Extension is seeking local growers to establish test plots this fall. These plots will be replicated strip tests using grower’s equipment and harvested using yield monitors to record yield data. The first trials will be planting cover crops with other trials such as phosphorus fertilization following. Cover crop trials are especially important to protect water quality and find suitable practices to protect it.

If you are interested in participating, please call Wayne Flanary, Regional Agronomist, University of Missouri Extension at 660-0446-3724. We want to determine if we can work together to accommodate the needs of the experiments and fit the interest and needs of growers.

Thank you for your continued support of Extension programming.
4-H Tech Wizard Program
By: Susan McNickle, 4-H LIFE Program Associate

We are offering a free 4-H Tech Wizard afterschool program at Humboldt Elementary school for 3rd, 4th, 5th and 6th grade students. This program begins Tuesday, October 6th and goes until the end of the school year. We also offer a free 2 week program in the summer.

This fun and exciting club is part of a national mentoring program. There will be teens from Lafayette High School working with University of Missouri Extension to teach young kids about science and technology through project-based learning in an afterschool environment. Among the many projects and activities, students will enjoy using technology to create their own animation games, music, dance videos, and much more.

If you are interested, contact Susan McNickle, 4-H LIFE program Associate, at 816-385-2848. Come and join the fun!

Using and Preserving the Summer’s Squash
By: Janet Hackert, Regional Nutrition and Health Education Specialist

As summer winds down, summer squash becomes prevalent. There are many ways to use and preserve this delicious summer treat.

Summer squashes are harvested young when their skin is still tender and quite edible. There are many varieties in this category – yellow squash, crookneck and straightneck, patty pan, marrow and white scallop squashes, and of course, zucchini.

When the harvest is great or the price low, summer squashes can be frozen or dried. To freeze, choose young squash. Wash and water blanch 3 minutes. Cool promptly, drain, package, seal and freeze. If the squash is going to be used in a recipe, for example 2 cups grated zucchini for zucchini bread, it can be grated and frozen in containers marked for use with that recipe. To freeze grated, wash, grate without peeling, and steam blanch small quantities 1-2 minutes or until translucent. Drain well. Place in freezer containers and cool by putting the containers in cold water. Seal and freeze, marking containers with contents. For more information see MU Extension publication GH1503 Quality for Keeps: Freezing Vegetables.

Summer squashes can also be dehydrated. Wash, trim and cut into ¼ inch slices. Steam blanch for 2½ - 3 minutes or water blanch for ½ minute. Dehydrate for 10-12 hours or until leathery to brittle. To refresh dried squash, combine 1 cup dried squash with 1¼ cups water and soak for at least 1 hour. For more information see MU Extension publications GH1563 Quality for Keeps: How to Dry Foods at Home and GH1564 Quality for Keeps: How to Use Dried Foods.

There are many ways to use fresh summer squash as well. The Share Our Strength organization has several great recipes at their web site cookingmatters.org/recipes. These include the ingredients and materials needed, step by step instructions, nutrition facts information and chef’s notes with tips for saving time and for adjusting the recipes. Recipes include Bow Tie Pasta with Zucchini Sauce, Pasta with Roasted Vegetables, Ratatouille (a sort of baked vegetable stew), Vegetable Lasagna, Purple Vegetable Pancakes, and several others which can work well with adding summer squashes.

For more information on using and preserving summer’s squashes, or any other topic, contact me, Janet Hackert, at 660-425-6434 or HackertJ@missouri.edu or your local University of Missouri Extension office.
SEPTEMBER 2015

23 Managing Tall Waterhemp, Wednesday, September 23rd, from 7 p.m. to 9 p.m. at the Clasbey Center in Savannah, MO. Topics will include biology, herbicide products, managing resistance, new technology and strategies for prevented planting acres. The cost will be $10 per person. For more information contact Wayne Flanary at 660-446-3724.

OCTOBER 2015

3 What’s in Our Big Backyard?, Saturday, October 3rd, from 10 a.m. to 3 p.m. at the Gaves-Chapple Research Center, 29955 Outer Road, Fairfax, MO 64446. A fun day for the whole family to play games, and learn about and celebrate agriculture, gardening and food, all in our big backyard! There is no cost. For more information call 660-744-6231 or email crawfordj@missouri.edu.

5 Taking Care of You, Monday October 5th, from 5:30 p.m. to 6:30 p.m. at the Holden First United Methodist Church, 605 E 10th St, Holden, MO. This is session 1 of an 8 week program that focuses on living a healthy life by mindfully approaching how we handle stressful situations. Contact the Johnson County Extension Center to register at 660-747-2193. The registration deadline is 9/28 and the cost is $35 per person.

8 Who Gets Grandma’s Yellow Pie Plate, Thursday, October 8th, from 9:30 a.m. to 11:30 a.m. at the Cooper County Extension Center, 510 Jackson Rd Ste A, Boonville, MO. What happens to your personal belongings when you pass away? What is fair? What is equal? Dollar value? Number of items? To answer your questions related to distributing your personal property, plan to participate in a “Who Gets Grandma’s Yellow Pie Plate?” workshop. The workshop is free, for more information contact Rebecca Travnicheck at 573-346-2644.

22 Using Food Labels is Easy and Fun, Thursday, October 22nd, from 4 p.m. to 5:30 p.m. at the Lafayette County Extension center. This program targets adult residents in Lafayette County. By integrating interactive and fun activities into the learning process, we will educate young and older adults to understand the importance of reading food labels, so that they are confident to make a more knowledge-based decision when it comes to a healthy diet. For more information contact Shanshan Chen at 660-584-3658.

For additional Northwest Region events, please contact your local extension office or visit www.extension.missouri.edu
### Regional Director

**Regional Administrative Associate**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Karma Metzgar, St. Joseph</td>
<td>(816) 279-6064</td>
</tr>
<tr>
<td>Jill Knadler, St. Joseph</td>
<td>(816) 279-6064</td>
</tr>
</tbody>
</table>

### Agriculture

**Ag Business**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Randa Doty, Maryville</td>
<td>(660) 582-8101</td>
</tr>
<tr>
<td>Vacant, Chillicothe</td>
<td>(660) 646-0811</td>
</tr>
<tr>
<td>Bob Kelly, St. Joseph</td>
<td>(816) 279-1691</td>
</tr>
<tr>
<td>Vacant, Higginsville</td>
<td>(660) 584-3658</td>
</tr>
</tbody>
</table>

**Livestock**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shawn Deering, Albany</td>
<td>(660) 726-5610</td>
</tr>
<tr>
<td>Jim Humphrey, Savannah</td>
<td>(816) 324-3147</td>
</tr>
<tr>
<td>Amie Schleicher, Rock Port</td>
<td>(660) 744-6231</td>
</tr>
</tbody>
</table>

**Horticulture**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tim Baker, Gallatin</td>
<td>(660) 663-3232</td>
</tr>
<tr>
<td>Tom Fowler, St. Joseph</td>
<td>(816) 279-1691</td>
</tr>
<tr>
<td>(Graves-Chapple Research Center Superintendent)</td>
<td></td>
</tr>
</tbody>
</table>

Jim Crawford, Rock Port | (660) 744-6231 |

### Business Development and Procurement

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clint Dougherty, PTAC, St. Joseph</td>
<td>(816) 279-1691</td>
</tr>
<tr>
<td>Vacant, Carrollton</td>
<td>(660) 542-1792</td>
</tr>
</tbody>
</table>

### Community Development

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jerry Baker, Rock Port</td>
<td>(660) 744-6231</td>
</tr>
<tr>
<td>Beverly Maltzberger, St. Joseph</td>
<td>(816) 279-1691</td>
</tr>
</tbody>
</table>

### 4-H Youth Development

**Specialists**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kathleen Bondy (Lafayette)</td>
<td>(660) 584-3658</td>
</tr>
<tr>
<td>Nancy Coleman (Ray)</td>
<td>(816) 776-6961</td>
</tr>
<tr>
<td>Debbie Davis (Clinton, DeKalb, Caldwell)</td>
<td>(816) 539-3765</td>
</tr>
<tr>
<td>Annette Deering (Nodaway, Worth, Atchison,)</td>
<td>(660) 582-8101</td>
</tr>
<tr>
<td>Shaun Murphy (Livingston, Mercer, Grundy)</td>
<td>(660) 646-0811</td>
</tr>
<tr>
<td>Becky Simpson (Daviess, Harrison, Gentry)</td>
<td>(660) 663-3232</td>
</tr>
<tr>
<td>Cindy Wells Buchanan, Andrew, Holt</td>
<td>(816) 279-1691</td>
</tr>
<tr>
<td>Taylor Bryant (Saline, Carroll)</td>
<td>(660) 886-6908</td>
</tr>
</tbody>
</table>

(Bolded county name indicated headquartered county)

**Youth Program Associates**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vacant (Buchanan)</td>
<td>(816) 279-1691</td>
</tr>
<tr>
<td>Dale Hunsburger (Clinton, DeKalb, Caldwell)</td>
<td>(816) 539-3765</td>
</tr>
<tr>
<td>Kelly Todd (Holt)</td>
<td>(660) 446-3724</td>
</tr>
<tr>
<td>April Meighen (Mercer, Grundy)</td>
<td>(660) 748-3313</td>
</tr>
<tr>
<td>Samantha O’Riley (Atchison)</td>
<td>(660) 744-6231</td>
</tr>
<tr>
<td>Anita Reid (Carrol)</td>
<td>(660) 542-1792</td>
</tr>
<tr>
<td>Janet Sager (Gentry)</td>
<td>(660) 726-5610</td>
</tr>
<tr>
<td>Bart Skroh (Harrison)</td>
<td>(660) 425-6434</td>
</tr>
<tr>
<td>Carol Williams (Andrew)</td>
<td>(816) 324-3147</td>
</tr>
<tr>
<td>Pat Wood (Livingston)</td>
<td>(660) 646-0811</td>
</tr>
<tr>
<td>Vacant (Worth)</td>
<td>(660) 564-3363</td>
</tr>
</tbody>
</table>

### Human Environmental Sciences

**Family Financial Education**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meridith Berry, Trenton</td>
<td>(660) 359-4040</td>
</tr>
<tr>
<td>Trish Savage, Marshall</td>
<td>(660) 886-6908</td>
</tr>
<tr>
<td>Vacant, Savannah</td>
<td>(816) 324-3147</td>
</tr>
</tbody>
</table>

**Housing & Environmental Design**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Connie Neal, Maryville</td>
<td>(660) 582-8101</td>
</tr>
</tbody>
</table>

**Human Development**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vacant, St. Joseph</td>
<td>(816) 279-1691</td>
</tr>
<tr>
<td>Jessica Trussell, Chillicothe</td>
<td>(660) 646-0811</td>
</tr>
</tbody>
</table>

**Nutrition & Health Education**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Janet Hackert, Bethany</td>
<td>(660) 425-6434</td>
</tr>
<tr>
<td>Shanshan Chen, Higginsville</td>
<td>(660) 584-3658</td>
</tr>
<tr>
<td>Vacant, Trenton</td>
<td>(660) 359-4040</td>
</tr>
<tr>
<td>Vacant, St. Joseph</td>
<td>(816) 279-1691</td>
</tr>
</tbody>
</table>

### Human Development Superintendents

**Bruce Burdick, Albany** | (660) 726-3698

### Newsletter Editors

Clint Dougherty & Bob Kelly

**Layout Designer**

Kyla Newman, St. Joseph

### 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
**Feature Articles Inside this Issue:**

**Nutrition and Health**
- Stay Fit at Home and Away
- Making the Most of What Grows
- Selling Safe Canned Foods
- Using and Preserving the Summer’s Squash
- Make Your Calories Count!

**Agronomy**
- Soft Red Winter Wheat Trial Results Available
- Stockpile Fescue to Supplement Forage Needs
- Soybean Aphid Found in Area Fields
- Farmer Cooperators Needed

**Horticulture**
- Weather Observations
- Dodder: A Parasitic Weed

**Agriculture**
- Local Residents Chosen as State Farm Family for Buchanan County

**4-H Youth Development**
- 4-H Tech Wizard Program

**Regional Program & Activity Calendar**

**Northwest Region Extension Specialists & Staff**

---

*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.*

If you would prefer to receive an electronic version of News You Can Use, or if you have received this in error or no longer wish to continue receiving it, contact your local extension office or Buchanan County Extension at (816) 279-1691 or by email newmanky@missouri.edu

Disclaimer: Special endorsement of products mentioned in this newsletter is not intended, nor is criticism implied of similar products not mentioned.

---

**University of Missouri Extension**

**Northwest Missouri Extension News You Can Use**

University of Missouri Extension
Buchanan County
4125 Mitchell Avenue
St. Joseph, MO 64507

Contact the Buchanan County Extension Center at (816) 279-1691 or your local extension office if you would prefer to receive the newsletter via email or to have your name added to or removed from this mail list.

---

**Vision:** University of Missouri Extension is a valued and trusted educational solution to improve the quality of life in Missouri, the nation and the world.

**Mission:** Our distinct land grant mission is to improve lives, communities and economies by producing relevant, reliable and responsive educational strategies that enhance access to the resources and research of the University of Missouri.