

Jody Holthaus, Agent
Meadowlark Extension District
Livestock and Natural Resources

From Llamas to Lodging

My brother in law that resides in Connecticut, is always dreaming up ways for us to make more money on the farm. One year, after he had been to a series of funerals, thought we should start a cemetery. In an effort to educate him, I signed him up for some free Ag publications. Then came the question, “do your calves have scores”. All I could think of was when baby humans get the Apgar score at birth.

My sister, native to our language, interpreted, “he means scours”. We had a good chuckle about that one!

If you’ve ever thought about exploring the possibilities of an ag-based business. There is a great opportunity coming to Topeka. The program is entitled, “From Llamas to Lodging”, it is going to be held in Topeka at the Ravenwood Lodge, February 28th from 9 to 4.

A wealth of knowledge will be shared from leading experts on Agritourism, zoning, environmental considerations, hydroponic greenhouses, Gary’s Berries, The Harveyville Project, Ravenwood Lodge and much more.

You can learn what resources are available to you from the Kansas Department of Ag, How to develop a business plan from the Kansas Small Business Development Center, even available loans.

The registration is \$25 before February 10. Registrations are available at Shawnee.k-state.edu.

You’ve seen some of these home grown businesses, u-pick berry farms, pumpkin patches, vineyards and wineries, meat goats, alpacas, barns with stall rentals, and barns marketed as wedding venues. The only limit is your creativity!

David Hallauer, Agent
Meadowlark Extension District
Crop and Soils, Horticulture

May send later.

Cindy Williams, Agent
Meadowlark Extension District
Food and Nutrition, FNP

Staying Healthy During Cold and Flu Season

How are you feeling today? I hope you are feeling well and that you will enjoy a winter without having a cold or the flu.

Unfortunately, I am not feeling so well as I am fighting a cold. I tried my best to prevent it. I made sure that we were all washing our hands. I made sure that everyone was getting enough sleep. I made sure that we were eating healthy meals. I tried everything I could think of, but I still got sick. There are still things I can do to help us get well soon.

Here are the top five things I do to prevent getting sick or, if we do get sick, to help us get better fast:

Wash hands frequently. Washing hands correctly is the best way to stop germs from spreading from one person to another. Wash hands after wiping noses, coughing, going to the bathroom, and before every meal and snack.

Drink plenty of fluids. Most people need to drink at least eight cups of fluids every day. When we are sick, we need even more, especially if we have a fever, diarrhea, or vomiting. Choose fluids that taste good and are soothing to you. I usually choose hot tea because it feels good on my dry, scratchy throat and I like the taste of it. My husband and children prefer 100% fruit juice when they are sick.

Eat fruits and vegetables. Fruits and vegetables are rich in vitamins and minerals that can help our immune system fight off germs.

Eat chicken noodle soup. Eating chicken noodle soup when sick has many benefits. The warm broth soothes a sore throat and provides fluids. The vegetables and whole grain noodles supply or bodies with vitamins and minerals. The chicken is a lean protein that can help our immune systems. I try to make a large batch of chicken noodle soup and then freeze it in smaller containers so it is ready to go when I am sick and not feeling like cooking. Spend smart. Eat Smart has a wide variety of soup recipes.

Get plenty of sleep. Most adults need seven to nine hours of sleep each night. Children need more. When we are sick, we need more sleep than usual to heal. It is ok to call in sick to work or school to get some extra rest when sick. This has an added bonus of not spreading your germs on to your friends and co-workers.

Nancy Nelson, Agent
Meadowlark Extension District
Family Life

Healthy Living

As you age, your food needs change. You may need fewer calories. Your body may not be able to absorb all the nutrients from food.

To get the nutrients you need for good health each day eat a variety of whole foods including five to nine fruits and vegetables and three or more whole grain foods. Fruits, vegetables and whole grain foods contain not only vitamins, minerals and fiber, but also hundreds of disease-fighting phytochemicals. The health-promoting benefits come from the interaction of the many phytochemicals in the food.

Choose a variety of fruits and vegetables at each meal and as snacks in between. Eat a fortified whole grain cereal for breakfast, whole grain crackers for a snack, and whole grain bread or other whole grains like barley at dinner.

Get enough calcium and vitamin D. Dairy foods, green vegetables and calcium-fortified foods provide calcium and vitamin D that help maintain bone health and may protect against hypertension and some types of cancer.

How much calcium and vitamin D do you need? Recommended daily amount for age 51-70 is calcium: 1,200 mg and Vitamin D: 400 IU. Over age 70 Calcium: 1,200 mg and Vitamin D: 600 IU.

Dairy foods provide the nutrients for bone health in the form and balance that are most available to the body. One 8-ounce glass of milk has 300 mg of calcium and 100 IU Vitamin D. It takes four glasses of milk a day to meet the recommendations for calcium and vitamin D for people aged 51 to 70.

The promise of many dietary supplements can sound appealing but they are not simple solutions to health problems. It is best to talk with your doctor before taking any supplement to avoid potentially harmful reactions or interactions with other medication you may be taking.

Healthy living comes from choosing foods to maintain a healthy weight, staying physically active and mentally challenged, and having social connections with other people.