

# Kansas Currents

K-STATE RESEARCH AND EXTENSION NEWS

## Central Kansas Extension District

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**October 2018**

*District Extension  
Agents:*

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Family Resource  
Management

**Leah Robinson**

Nutrition, Food Safety  
and Health



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## Women in Ag

The next Saline County Women in Ag meeting will be held November 8, 2018 at the American Ag Credit building in Salina. Darcie Gallagher will speak about Empowering Women in Agriculture. This will be an engaging session to tell a personal journey through a post-secondary education and how the presenter began a farming operation. Darcie will share how she found special loans for beginning/women farmers, utilizes mentors, and give tips for embracing opportunity. This interactive presentation shows attendees how to use real-world applications and examples to pursue their dreams and never be discouraged by being a minority.



Following Darcie and a cheesecake break, attendees will have an opportunity to network. An interactive leather crafting session will be available for those wanting to create something while enjoying fellowship with other women in Ag. Options include either teardrop earrings or leather star ornaments. The first craft will be free, additional crafts will be \$5/craft. RSVP's are necessary by November 1 to ensure there are sufficient crafting supplies.

If you are a woman involved in agriculture, whether producer, spouse, or landlord, or are simply interested in learning more about Empowering Women in Agriculture, plan to attend this free Women in Ag program. The session will be at American Ag Credit at 925 W. Magnolia, Salina, KS. Registration begins at 6 p.m. followed by the meeting at 6:30 pm. Drinks and dessert will be served. Pre-registration is requested. Call the K-State Research & Extension office in Salina, at 785-309-5850 by November 1 to register.

This Women in Ag meeting is sponsored by K-State Research & Extension-Central Kansas District, Farm Service Agency, Natural Resources Conservation Service, American Ag Credit, Saline County Conservation District, and Saline County Farm Bureau.



## New Medicare Cards

Your new Medicare card should have arrived in the mail by now. If you didn't get it, here's what to do:

- Remember that your new Medicare card will come in a plain white envelope from the Department of Health and Human Services. If you have not opened all of your mail, go back through and look for mail that has arrived from HHS.
- If the card didn't arrive, **call 1-800-MEDICARE**. The call center representatives can check the status and help you get your new card.

In the meantime, use your current Medicare card to get health care services. Once you receive your new card, begin using it.

## Medicare Open Enrollment

The 2018 Medicare Open Enrollment Period will take place between October 15 and December 7. This is the period of time to review your prescription drug plan (Part D) or Medicare Advantage plan and make changes for 2019. These changes will take place on January 1.

Why shop and compare plans each year?

Beneficiaries enrolled in a Medicare Part D plan may be able to lower their co-pays and out-of-pocket costs for the entire year by switching to a different plan. They may also need to change to find a plan that covers all of their medication. Those enrolled in an employer retiree plan that has creditable drug coverage, such as Federal Employee Health Benefits, likely do not need to do anything.

Free, unbiased, and confidential Senior Health Insurance Counseling for Kansas (SHICK) is available in the community during open enrollment.

## Salina Senior Center

**Call 785-827-9818 for appointment**

Wednesdays and Thursdays during open enrollment (October 15 – December 7), except for Thanksgiving Week.

By Appointment October 17, 18, 24, 25, 31, November 1

Walk-in [8:30 a.m. – 3 p.m.] on November 7, 8, 14, 15, 28, 29, December 5, 6

*Those new to Medicare, needing assistance to enroll in a Part D plan for the first time should call the Extension office at 785-309-5850. Those wanting to review drug plans during open enrollment should call Sr. Center at 785-827-9818.*

## Minneapolis Extension Office

**Call 785-392-2147 for appointment**

October 23, 30, November 5, 13, 27, December 4

*Please indicate if you are new to Medicare, or comparing plans for 2019 when you call.*

Medicare beneficiaries should bring their Medicare card, a list of prescription medications including the name of the drug, dosage and frequency. Please arrive approximately 10 minutes before your scheduled time.



## Medicare Basics: New to Medicare Workshop

Learn the basics of Medicare, including eligibility, how and when to apply, what is covered by the various parts, and how to fill the gaps. Programs available to assist low-income individuals will also be discussed. Anyone interested in learning more about the Medicare maze would benefit from the program, particularly those who are nearing age 65 or who help aging parents with insurance and financial matters.



Date: Wednesday, October 10  
Time: 6:30 - 8p.m.  
Place: Salina Public Library  
Prescott Meeting Room  
301 W Elm, Salina, KS

Space is limited. Advance registration is required. Register by calling 785-309-5850 or by e-mailing [dwood@ksu.edu](mailto:dwood@ksu.edu).

## How to Use the Medicare Plan Finder

This class will help those wanting to run their own Medicare Part D plan comparisons this fall. Bring your Medicare card and a list of medications, including dosage and frequency. Participants will enter their medications into the Plan Finder, learn how to evaluate the options, and select the plan that will best suit their needs.

Date: Friday, October 26  
Time: 2-4pm  
Place: Salina Public Library computer lab  
301 W. Elm, Salina

Space is limited. Registration required. Call 785-309-5850 or email [dwood@ksu.edu](mailto:dwood@ksu.edu) to register.

## Medicare 2018 Standard Plan Design Changes

### Initial Deductible:

will be increased by \$10 to \$415 in 2019.

### Initial Coverage Limit:

will increase from \$3,750 in 2018 to \$3,820 in 2019.

### Out-of-Pocket Threshold:

will increase from \$5,000 in 2018 to \$5,100.

### Coverage Gap (donut hole):

begins once you reach your Medicare Part D plan's initial coverage limit (\$3,820 in 2019) and ends when you spend a total of \$5,100 in 2019. Part D enrollees will receive a 75% discount on the total cost of their **brand-name** drugs purchased while in the donut hole, paying 25% co-insurance. Enrollees will pay a maximum of 37% co-insurance on **generic** drugs purchased while in the coverage gap (a 63% discount).

### Minimum Cost-sharing in the Catastrophic Coverage Portion of the Benefit:

will increase to greater of 5% or \$3.40 for generic or preferred drug that is a multi-source drug and the greater of 5% or \$8.50 for all other drugs in 2019.

### Maximum Co-payments below the Out-of-Pocket Threshold for certain Low Income Full Subsidy Eligible Enrollees:

will increase to \$3.40 for generic or preferred drug that is a multi-source drug and \$8.50 for all other drugs in 2019. Those eligible for Low Income Subsidy can no longer change plans at any time, but can change once per quarter beginning in 2019.

## Check on Your Retirement List

With every change of season, there's usually a list of essential items that must be done. If you're getting your house ready for winter, you are likely getting your furnace serviced and cleaning your gutters among other things. In the same way you're getting your house ready for the colder months, we want to make sure you're checking off items on another important list, your retirement list.

A healthy retirement checklist should include the following questions:

1. **Did you verify your earnings?** — With a mySocialSecurity account, you can view your earnings history, confirm you have enough work credits to retire, and see estimates of what your benefits will be. Open or sign in to your account at <https://www.ssa.gov/myaccount/>.
2. **Do you know how much your benefit will be?** — The Social Security Retirement Estimator is a great tool that provides you with immediate and personalized estimates based on your own earnings record. It provides the most accurate estimate of your future benefits.
3. **Do you have additional retirement income?** — Social Security benefits only replace a percentage of your pre-retirement income based on your lifetime earnings. A healthy retirement plan also includes your savings and perhaps an employer-sponsored retirement plan or 401(k), especially if your employer offers matching funds on what you invest. If your employer doesn't offer this type of plan, there are many other plans to help you save for retirement, such as traditional and Roth IRAs.

The Social Security publication, Your Retirement Checklist can help you answer

these questions. It can be found online at <https://www.ssa.gov/pubs/EN-05-10377.pdf>. It explains what you need to know before you apply, special circumstances that may apply to you, and other things you may want to think about.

The Social Security retirement website has a wealth of resources to use when you're planning for retirement. Check it out today and start crossing off items from your list.

Source: Social Security Matters, August 30, 2018, Social Security Administration

## Using Tomatoes from Frost-killed Vines

Choose fresh, **vine-ripened** tomatoes that are at their **peak ripeness**. Over-ripe tomatoes are less acidic. The acidity level in tomatoes varies throughout the growing season. Tomatoes reach their highest acidity when they are still green and decrease in acidity until they reach their lowest acidity as they mature.



Canning is **NOT** a way to use damaged tomatoes or those from dead or frost-killed plant vines. These tomatoes may have a pH level greater than 4.6 and may have extra pathogens. The canning process time may not be enough to kill extra organisms. This could lead to a product that spoils and is unsafe to eat.

## What is Black Vinegar?

If you watch any television food programs, you see some uncommon, unusual ingredients used by chefs. On one recent show, the chefs used black vinegar. So what is this type of vinegar?

Most black vinegar is made in China and is a dark, fragrant vinegar. It is made from sticky

white rice, water and salt. Some brands may also use millet, wheat, sorghum or soybeans.

For more flavor, they are aged to get a sweet, smoky, earthy flavor. It is not the same as soy sauce.

## **Pumpkin Spice and Everything Nice**



Fall has barely started, but sales of American's favorite fall flavor are already hot! Products made with pumpkin flavor are already up 10% in dollar growth and up 7% in unit volume.

What's interesting is the sales of pumpkin pie filling have dropped a bit, by 1%, but still remains the number one pumpkin-related flavor. The rest of the top five categories by sales where pumpkin is used include dog food, liquid coffee creamer, packaged coffee, and ready-to-eat cereal.

And while pumpkin spice seems to be in everything, the sales of pumpkin spice seasoning has not seen any benefit.

## **Probiotics and Prebiotics**

Gut health is important for a healthy quality of life. Maintaining good gut health can help prevent disease, enhance health, help you live longer and improve physical and mental performance. Therefore, many people consume probiotics and prebiotics to improve gut health.

Probiotics are live microorganisms that, when administered in adequate amounts, can give a health benefit. When consumed regularly, they help enhance the immune system. They are found in many yogurt products, beverages and even certain candy products.

Prebiotics are non-digestible oligosaccharides that survive digestion and move into the colon. These are found naturally in fiber-rich foods or added into foods. The best foods include bananas, berries, legumes, onions, leeks, whole grains, nuts and seeds.

Learn more from this presentation at [www.youtube.com/watch?v=HIREYWHA4NQ](https://www.youtube.com/watch?v=HIREYWHA4NQ), <https://bit.ly/2xiiC54> and <https://bit.ly/2p51xgG>.

## **What is Clean Meat?**

It sounds like science fiction, but it's not fiction at all. Clean meat may be on your future dining table. Clean meat is also referred to as lab-grown, in vitro, or cultured meat. Instead of getting meat from an animal, it comes from cell culture.

With the growing concern of a population increase and less access to agricultural land, clean meat may become a reality. The term "clean" refers to the sanitary closed system used to produce the product and to ease the minds of consumers who oppose animal slaughter.

The current product looks like ground meat, but has no fat. The goal is to develop a product that mimics whole meat cuts. It begins with a needle biopsy of starter cells from an animal and are grown in vitro. This could be satellite stem cells that only develop into skeletal muscle cells. The cells are placed on culture medium and then placed into a bioreactor to grow.

Many questions are being asked, and answers are yet to be given, including if consumers will eat clean meat, safety, and cost.



## What is *Bacillus cereus*?

You may have had foodborne illness caused by *Bacillus cereus* and didn't know it. Most people have mild symptoms and it goes away in about a day.

*B. cereus* can be a serious illness. When consumed through contaminated food, it can cause diarrhea, cramps, nausea and symptoms start in about 6-15 hours. The most common foods it is associated with are rice, but also starchy foods such as potatoes, pasta, cheese products and other food mixtures such as sauces, soups, salads and casseroles.

Temperature control of food is important. If food is left at warm temperatures, *B. cereus* can form spores, which can lead to more bacterial growth and more toxins form. Cooking will kill the bacteria, but may not destroy the toxin. Keep hot foods hot and cold foods cold, wash your hands, and prevent cross-contamination.

## How to Cook with Fall Vegetables

*Squash, crucifers, and root vegetables are loaded with nutrients such as vitamins A, C, and K, folate, magnesium, and potassium.*

Eating seasonal and local produce can help ensure you're getting the freshest, most nutritious produce possible. Buying locally also can reduce your carbon footprint as well as your grocery budget. Here's a primer on fall produce along with a few preparation ideas.

### Squash: A Big Family

Pumpkins are part of the squash family, which also includes acorn, butternut, delicata, and spaghetti, among countless others. These hard-skinned vegetables have a longer shelf life than many others, lasting one to three months, and their dense flesh stands up to a variety of cooking methods.

Roast, sauté, slow-cook, mash, or add squash to soups and stews for a warm meal in cool weather. Season them with curry powder and pepper for a savory, spicy flavor or cinnamon and cloves for a sweeter option.

Squash has more fiber and less, carbohydrates and sugar than corn, potatoes, and grains (rice, pasta, and bread, both whole and refined).

### Cooking with Crucifers

Cruciferous vegetables include broccoli, bok choy, cabbage, cauliflower, collards, kale, arugula, Brussels sprouts, water-cress, and radishes.

Cruciferous vegetables are often cited as superfoods due to their high content of phytonutrients, fiber, vitamins, and minerals. These hearty vegetables can be roasted, sautéed, steamed, or grilled.

Seasonings most often used with these vegetables include garlic (another fall vegetable), onions, caraway, dill, curry, and thyme.

A newly popular way to eat broccoli and cauliflower is 'riced'. This means the vegetables are chopped in pieces approximately the size of a grain of rice. Rather than boiling, you simply sauté these in a pan with olive oil and seasonings, such as lemon and basil or soy sauce. Broccoli and cauliflower rice can be substituted for regular rice in Asian dishes, homemade sushi rolls, and Mexican burrito bowls, or served as a simple side dish.

Kale and arugula are a great source of fiber, low in calories, and very high in vitamin K—a nutrient essential for bone health. Mix arugula with roasted carrots, feta cheese, and balsamic vinaigrette for a tangy side dish.



## Rooting for Root Vegetables

Root vegetables such as parsnip, carrots, jicama, daikon, and celeriac can be roasted, baked, sautéed, added to soups or stews, and even chopped or grated raw for salads.

An easy way to eat carrots, parsnips, and jicama is to cut them into French-fry-size pieces, toss with salt, pepper, and olive oil, and roast them. For a flavorful twist, add rosemary to the parsnip fries, smoked paprika to jicama, and cinnamon to the roasted carrots sticks.

Root vegetables pair especially well with crucifers due to their contrasting textures. They also taste great on the grill. Slice them in half-inch pieces, season them, place them on the grilling surface, and cook them for 10 minutes, turning them over every one to two minutes.

## Spaghetti Squash with Herbs and Cheese

### Ingredients

1 medium (3 lb.) spaghetti squash, cut in half lengthwise, seeds removed  
4 tsp. extra-virgin olive oil  
1 tsp. dried basil  
1 tsp. dried oregano  
1/2 tsp. garlic powder  
1/4 tsp. freshly ground black pepper  
1/2 cup shredded Parmesan cheese



### Directions

Place squash halves cut-side down, in 13 x 9-inch baking dish coated with cooking spray. Bake at 350°F for 45-55 minutes or until squash is tender. Remove from oven; let stand 5 minutes. Scrape squash with fork to separate strands; scoop out squash into medium bowl. Drizzle olive oil over squash and toss to coat. Add remaining ingredients; mix until evenly distributed.

### Nutrition information Per ‘Serving:

114 calories, 8 g total fat, 2 g sat fat, 5 g protein, 8 g carbs, 2 g fiber, 2 g sugar, 180 mg sodium

## The Benefits of Regular Meals!

Many people assume that skipping meals is a good strategy for controlling body weight — after all, if you cut out a meal, you will cut out calories, right? Wrong! New research sheds light on this issue.

A new study in animals suggests that skipping meals sets off a series of metabolic miscues that can result in abdominal weight gain. In the study, mice that ate all of their food as a single meal and fasted the rest of the day developed insulin resistance in their livers—which scientists consider a telltale sign of prediabetes. When the liver doesn’t respond to insulin signals telling it to stop producing glucose, that extra sugar in the blood is stored as fat.

The mice also developed fat around their middles—the equivalent to human belly fat — and weighed more than the mice that were free to nibble all day long. An excess of abdominal fat is associated with insulin resistance and risk for Type 2 diabetes, heart disease and dementia.

Researchers were able to tie these findings to the human tendency to skip meals and supports the notion that smaller meals throughout the day can be helpful for weight loss, though that may not be practical for many people. Martha Belury, professor of human nutrition at The Ohio State University and senior author of the study, shares: “You definitely don’t want to skip meals to save calories because it sets your body up for larger fluctuations in insulin and glucose, and this could be setting you up for more fat gain instead of fat loss.”



**Central Kansas Extension District**

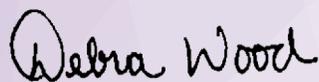
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Address Service Requested

The enclosed material is for your information. If we can be of further assistance, feel free to call or drop by the Extension Office.

Sincerely,



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