



County Extension Agent Keith VanSike (above) walked in the stubble of a partially cut test plot at the Roger Braun farm. Joshua VanSike (below) helped an agronomist test wheat samples for moisture and weight.

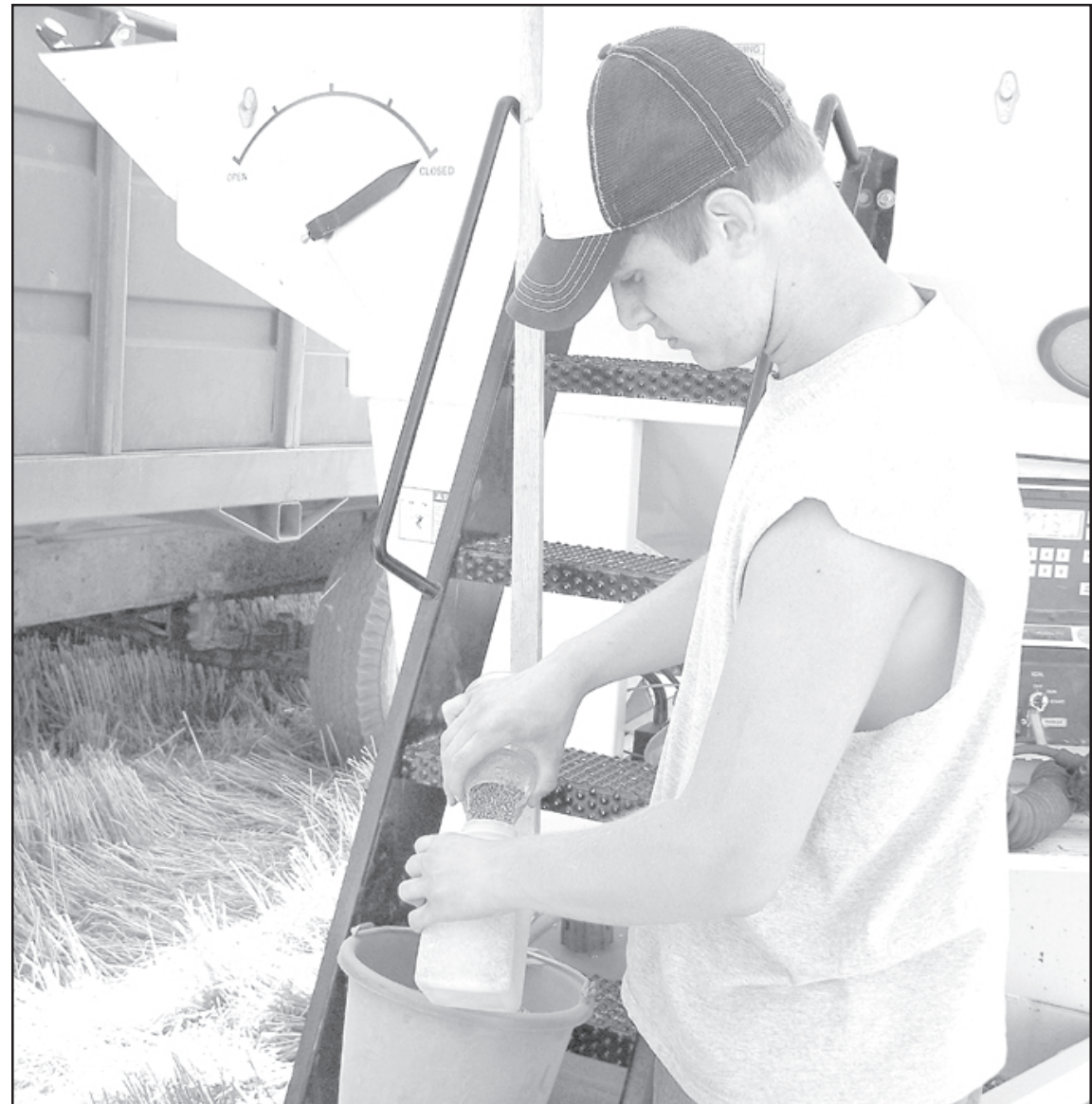
— Photos courtesy of the Norton County Extension Office

# Extension wheat test plot checked for vitality, health

**By KEITH VANSKIKE**  
The 2006 Extension Wheat Test Plot was recently harvested and tested.  
The plot was on the Roger Braun farm northwest of Norton. Mr. Braun's son, Spencer Braun, farms the land with his father.

With a grant from the Kansas Wheat Commission the plot compared "no till" wheat, conventional till wheat and a comparison of certified seed versus farm-saved seed wheat.  
The Brauns helped with the harvesting and moving of the grain.

Sara Evert, Kansas State Agronomy graduate student, with Joshua VanSike assisting, weighed each plot sample and took samples for comparing test weights and moisture content.  
Results of the comparisons will be released by the end of July.



# Kansans aren't eating enough fruits and vegetables

During the recent Walk Kansas program held in almost every county in the state of Kansas, it became apparent that many Kansans are not getting close to the recommended number of cup servings of fruits and vegetables. The recommendation for most people is at least five or more cups of fruits and vegetables consumed per day. Many of you may be saying "How in the world could I do that?" Here are some ideas for you:

- Cooking and Meal Planning Tips
- Add shredded or chopped carrot or zucchini to spaghetti sauce.
  - Add plenty of chopped green an red pepper to spaghetti sauce.
  - Buy romaine, spinach or dark leaf lettuce instead of iceberg lettuce.
  - Add many more vegetables to tossed salad than what your mother did.
  - Make a veggie salad using no lettuce, just chopped vegetables. Experiment with tomatoes, cucumbers, carrots, green and red pepper, celery, etc.
  - Serve baked sweet potatoes instead of regular potatoes once per week.
  - Bake or microwave winter squash, like butternut, buttercup, acorn, etc.
  - Serve spinach once per week.
  - Make "Carrot-Raisin" salad frequently, using yogurt or fat-free mayonnaise.
  - Use salsa liberally in cooking and snacking, as it adds much fat-free flavor, while boosting your lycopene intake.
  - Don't wait for holidays to make up a fresh vegetable and dip platter. Make it a weekly tradition to whip up a "veggie" bowl for the frig, and just use a favorite low-fat or fat-free salad dressing as a dip.
  - Shred cabbage and carrots up frequently for slaw, stir-fry, and soup.
  - Try claiming one night of ev-

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ery week as "stir fry" night. This is a great way to consume a larger than normal intake of vegetables.  
• When making dinner, steam a very large batch of broccoli, cauliflower, and carrots to provide for "planned overs" for tomorrow's lunch.  
• Add berries to yogurt or cold or hot cereal.  
• Make blenderized drinks with frozen fruits and tofu or soymilk. Eat beans (like pinto, kidney, garbanzo, lima, or black beans) four times per week!

## DESSERTS that do the body good

- Make carrot cake and carrot muffins often. Be sure to use low-fat recipes or smart substitutions. For example, substitute applesauce for the oil in carrot cake.
  - Use lots of fresh or canned pumpkin by making pumpkin bread, muffins, bars, cookies, pie and even pudding.
  - Create "Fruit Explosions" - Cubed melons, strawberries, pineapple, apple, etc. in a bowl.
    - \* Snack on frozen, unthawed fruit like strawberries, raspberries, blueberries, and cherries.
    - Snack on dried fruit, especially dried apricots and peaches.
    - Make apple, peach, or blueberry cobblers or crisps, using reduced fat recipes.
    - Serve angel food cake that's mounded with strawberries or many other kinds of berries.
- If you have further questions about food preparation, please contact your local K-State Research and Extension Office or e-mail: twatts@oznet.ksu.edu.

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