



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.

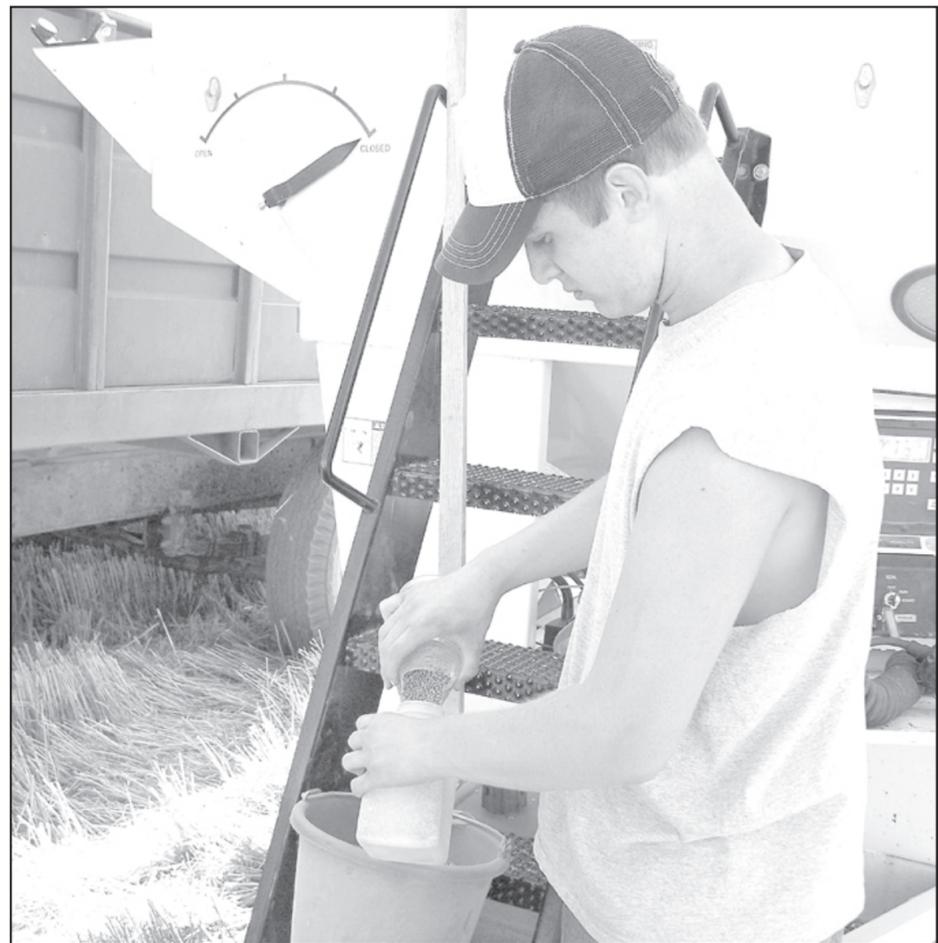
— Photos courtesy of the Norton County Extension Office

# 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:

**Home ed**  
**Tranda Watts,**  
**Extension**  
**specialist**



Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Norton, Decatur, Gove, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 877-5755.

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.

**DESSERTS that do the body good**

- Eat beans (like pinto, kidney, garbanzo, lima, or black beans) four times per week!
- 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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