

# Food preservation season here for gardeners

The county fairs are over. The Primary election is dutifully concluded. School will be called back into session soon. Footballs will soon be flying through the air. And good gardeners all around Northwest Kansas have dusted off their pressure cooker and their hot water bath canners. We have slightly rearranged the freezer in preparation for some new occupants.

The true food preservation season is here!

The potatoes and the onions need to be dug, cleaned up a bit and stored. The cucumbers and okra need to be pickled. The cabbage is



**kay melia**  
• the gardener

almost ready to be transformed into sauerkraut. The sweet corn needs to be frozen.

The tomatoes need to be juiced, sauced, converted to salsa or canned for all kinds of uses later. Some of your herbs need to be dried and labeled carefully. The peppers need to be roasted, frozen or dried. The cantaloupe and watermelon need

to be closely observed, day and night, in case of sudden ripening or theft. And the zucchini needs to be sprayed with a strong herbicide, which will inhibit further growth, although not guaranteed.

It must be August. With all the harvesting we are doing out in the backyard now, we must also continue to create time for weeding and watering.

We must continue to nurture the remaining garden crops that we have tended through the early

season. The payoff for all the effort we have expended throughout the summer now comes to fruition and we should enjoy it.

Lets review a few ideas for the season. When preparing potatoes for storage, remember that it's not a good idea to wash them, which tends to induce the rotting process. Simply brush as much soil off as possible and store in a slatted box or in netted sacks in a dark and cool environment. Basements are the best place, unless you have a root cellar.

Onions should be pulled a week or two after the tops have fallen over.

As soon as you pull them, let them lie in a shaded, preferable airy place for a couple of weeks. Never cut off their tops until you're ready to use them or until they have become extremely dry. A nice touch is to braid them into ristras while their tops are still on, hang them in a garage or other shady place and just clip them off the ristra as you need them. Otherwise, a cool dark dry spot is the best storage area.

Carrots are best stored in the same spot where they are now growing, unless you decide to can a few. Just leave them in the ground and let them grow and mature. When

freezing weather threatens, put a couple of bags of leaves or a bale of straw over them. Pull them as you need them all winter, and remember to replace the cover as you harvest them.

Check out the pressure canners at your favorite retail outlet. Canning is safe and a canner is the best investment a gardener can make. Also buy yourself a "Blue Book," the bible of the canning process. And remember this; food preservation is a natural extension of gardening. It allows you to enjoy the food from your garden all winter.

# Personal care products include medicines, cosmetics

by John Mitchell

**Director**  
**Division of Environment of the**  
**Kansas Department of Health**  
**and Environment**

Pharmaceuticals and personal care products are products that have been developed for personal health care, veterinary care or for cosmetic purposes. The products consist of a diverse collection of thousands of chemical substances which include prescription and over-the counter medications, veterinary drugs, cosmetics, vitamins, fragrances, lotions, and sun-screen products, to name just a few. Many of these substances are common products we use and consume every day.

Recent studies conducted in the U.S. and Europe have determined that personal care products are present in low concentrations in both surface and ground water. They can enter the environment when people or animals that are treated with or use these health care products. Residual chemical compounds are excreted and these chemicals then enter the sewer system or migrate into water ways when precipitation occurs. Up to 90 percent of medications are not absorbed or metabolized by humans or animals and the unabsorbed medicine passes naturally through their system.

Many of these chemicals easily dissolve in water.

Currently, there is no significant evidence that the residual products in our waterways result in adverse health effects to people. However, there is increasing concern that certain compounds may be causing ecological harm to fish and other aquatic organisms. While little can be done with respect to excretion of residual chemicals, there are a few simple changes that if followed, will go a long way toward reducing the presence of care products in the environment.

One safe and easy disposal alternative may be available through your local pharmacy. Check with your pharmacist to determine if they are participating in a community drug "take back" program that allows for the return and proper disposal of unused medications.

Another disposal option may be available through your county's Household Hazardous Waste facility. Contact your facility and ask if they accept medications and other person care products for disposal. A "Kansas Household Hazardous Waste Program Contacts List" can be found at [www.kdheks.gov/waste/hhw/HHWpointofcontact.pdf](http://www.kdheks.gov/waste/hhw/HHWpointofcontact.pdf).

If neither of these options is available, please do not flush prescription

drugs or other medications down the drain, unless a specific instruction on the label directs you to do so. Alternatively, remove prescription drugs from their original container, crush and dissolve solids in water and then mix the liquid with an ab-

sorbent material such as cat litter or used coffee grounds. Liquid drugs can be mixed directly with absorbent materials. Place the mixture in a can, sealable container or plastic bag to prevent leakage and then place in your trash for disposal.

For more information on these products and their proper disposal visit the website at: [www.epa.gov/ppcp/basic2.html](http://www.epa.gov/ppcp/basic2.html) or the department website at [www.kdheks.gov/waste/techguide/sw07-01.pdf](http://www.kdheks.gov/waste/techguide/sw07-01.pdf)

If everyone would follow the

suggestions given we would see a significant reduction of these products in the environment. This will, in turn, help aquatic organisms survive in our streams and ultimately benefit us all.

## matters of record

The following real estate transactions have been reported by the Sherman County register of deeds:

Bankwest of Kansas conveys and warrants to Darren Kannady and Jessica Kannady a tract of land in SW/4 of Sec.19, T8S, R39W.

Brian K. Somers and Carolyn R. Somers to Nancy L. Lewis, Lots 1 and 2 in Block 29, Beahm's Addition to the City of Goodland.

JoAnn Busse Scott, Sandra Rodgers and Kelley C. Rodgers and Donna L. Frankenfeld to Lowell W. Lambrecht and Darla Lambrecht, the N20' of Lot 20, all of Lot 21, and S15' of Lot 22, Block 27, Second Addition to the City of Goodland.

John H. Golden and Marcia L. Golden, as Trustees of the John Hollister Golden Trust dated July 11, 2006, to John H. Golden, a tract of land in SW/4 of Sec.19, T8S, R39W.

Federal Home Loan Mortgage Corporation, a United States Corporation, to Rusty Fritz and Wendy Fritz, Lots 23 and 24 in Block 18 in Second Addition to the City of Goodland.

Micha Seamens quit claims to Lana J. Hunn, Lots 7 and 8 in Block 7 of Sharp Addition to the City of Goodland.

Charles C. Bohme to Jeffrey J. Riedesel and Susan L. Riedesel, the S/2 of Lot 5, all of Lot 6 and 7 in Block 10 in Second Addition to the City of Goodland.

GSL Enterprises, LLC conveys and warrants to Wayne Durham and Tamara Durham, a tract of land in S/2 of SE/4 of Sec.19, T8S, R39W, except a tract of land in S/2 of SE/4 of Sec.19, T8S, R39W AND a tract of land in S/2 of SE/4 of Sec.19, T8S, R39W.

## Something for Everyone!



222 Center...\$66,500



424 Center...\$58,000



823 W. 13th...\$74,500



887 Centennial...\$132,000



1016 Main...\$69,500



117 W. 12th...\$54,000



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**TOM HARRISON**  
BROKER/  
AUCTIONEER

**ROSE KOGGIE**  
ASSOC.  
BROKER

**HAZEL ESTES**  
SALES  
ASSOC.

### Church of the Nazarene

**Pastor:** Bob Willis  
Third & Caldwell  
899-2080 or 899-3797  
**Sunday:** Sunday School: 9:45 a.m.  
Worship Service: 10:50 a.m.  
Evening Service: 6 p.m.  
**Wednesday:** Evening Service: 7 p.m.

### First Baptist Church

**Pastor:** Travis Blake  
1121 Main  
890-3450  
**Sunday:**  
Coffee fellowship: 9:30 a.m.  
Morning Worship: 10 a.m.  
Sunday School: 11:15 a.m.  
**Thursday:** Bible study 9:30 a.m.  
Wheatridge Center

### Seventh Day Adventist Church

1160 Cattletrail  
**Pastor:** Jerry Nowack  
**Saturday:** Sabbath School: 9:30 a.m.  
Worship Service: 11 a.m.

### Goodland United Methodist Church

1116 Sherman 899-3631  
**Pastors:** Dustin and Shelly Petz  
**Saturday:** Worship: 5:30 p.m.  
**Sunday:** Adult Classes: 9:15 a.m.  
Worship: 10:30 a.m.  
**Wednesday:** Wednesday Nite Live  
5:45 - 6:45 p.m. Simple Supper "Free will Offering  
6:30 - 7:30 p.m. Classes for all ages

### St. Paul's Episcopal Church

13th & Center  
Church 890-2115 or Rectory 890-6969  
**Priest:** Father Hal Lycett  
**Holy Eucharist:** 10:00 a.m. Sunday  
10:00 a.m. Thursday  
**Daily Morning Prayer**  
For emergencies 890-6969

### Emmanuel Lutheran Church

13th & Sherman • 890-6161  
**Sunday:** Christian eduction/fellowship:  
10:15 a.m.  
Worship Service: 9 a.m.

**The following sponsors urge YOU to attend**  
**your chosen House of Worship this Sabbath:**

**Short & Son Trucking**  
Hwy. 24

**Kansasland Tire**  
1402 Main St.

**Koons Funeral Chapel**  
North Main

**KLOE/KKEG/KWGB**  
3023 W. 31

**Good Samaritan Center**  
208 W. 2nd

**AFLAC Insurance**  
111 W. 12th

### Word of Life

10th & Clark • 899-5250  
**Pastor:** John Coumerilh  
**Sunday:** 9:30 a.m. - Morning Star Cafe Opens  
10 a.m. - Worship Celebration  
and Kids' Church  
**Life Groups** - call for times and locations  
[www.wordoflifegoodland.org](http://www.wordoflifegoodland.org)  
A Foursquare Gospel Church

### Bible Baptist Church

**Pastor:** Clifford Middlebrooks  
Fifth & Broadway  
890-7368  
**Sunday:** Sunday School: 9 a.m.  
Morning Service: 10 a.m.  
Evening Service: 6:30 p.m.  
**Wednesday:** Evening Bible Study: 7 p.m.

### United Methodist Church

**Brewster:**  
**Pastor:** Dorine Chambers  
Worship Service: 10:45 a.m. CST  
Sunday School: 9:45 a.m. CST  
**Winona:**  
**Minister:** Sheryl Johnson  
Worship Service: 9 a.m. CST  
Sunday School: 10:15 am CST

### Church of Jesus Christ of Latter-Day Saints

1200 15th Street • Burlington, CO  
(719) 346-7984  
**Sacrament Meeting:** 10 a.m.  
**Sunday School:** 11:15 a.m.  
**Priesthood/Relief Society:** 12 a.m.

### First Christian Church

(Disciples of Christ)  
**Pastor:** Rev. Carol Edling Jolly  
Eighth & Arcade • 890-5233  
**Sunday:** Worship Service: 10:30 a.m.  
**Sunday School:** 9:15 a.m.  
**Activities:** Junior High & High School Youth Groups,  
Adult Bible Study, Choir, Men's and Women's Groups,  
Devotions Study, Monthly Fellowship  
**Special Notice:** Handicap Accessible, Hearing  
Assistance Equipment and Infant and Toddler  
Nurseries Available

### Iglesia Del Dios Vivo

La Luz Del Mundo  
Spanish Speaking Church  
**Minister:** Esteban Ortiz B.  
1601 Texas • 899-5275  
**Daily Prayer:** Sunday thru  
Saturday: 5a.m. & 6 p.m.  
**Sunday:** Sunday School: 10 a.m.

### Kanorado United Methodist Church

**Pastor:** Leonard Cox  
399-2468  
**Sunday:** Sunday School: 9 a.m.  
Worship Service: 10:15 a.m.

### Goodland Bible Church

109 Willow Road • 899-6400  
**Pastor:** Chad DeJong  
**Sunday:** Sunday School: 9:30 a.m.  
Morning Worship: 10:45 a.m.  
Evening Worship: 6 p.m.  
**Wednesday:** AWANA (Winter)  
and prayer: 7 p.m.

### Harvest Evangelical Free Church

521 E. Hwy. 24 • 890-6423  
**Pastor:** Brian Fugleberg  
**Sunday:** Worship: 9:30 a.m.  
No Sunday School this summer.  
**Wednesday:**  
Senior high 6:30 p.m. at Chuck and Janet  
Redlin's  
[www.goodlandefree.com](http://www.goodlandefree.com)

### Church of Christ

401 Caldwell  
890-6185  
**Sunday:** Bible Study: 9:45 a.m.  
Worship Service: 10:45 a.m.  
**Wednesday:** Bible Study: 7 p.m.