

CVA to collect food for food banks

October is National Co-op Month, a time to recognize the vital role cooperatives play in strengthening rural communities. Central Valley Ag (CVA) is proud to celebrate this month by honoring our mission to serve and support the communities where we live and work.

CVA is organizing a company-wide food drive throughout the month of October to support local food pantries across our service areas. Many food pantries are in need of restocking as they prepare for the busy colder winter months.

From Oct. 1 through Oct. 31, all CVA locations will be collecting non-perishable food items to donate to their local food pantries. This initiative is not only about giving back but also about coming together as a cooperative to make a difference to those around us.

Each participating location is teaming up with a local food pantry and will be working hard to collect as many donations as possible. CVA would like to continue doing their part to help their communities by making a \$250 corporate donation to the location that donates the most to the pantry

and their community. Community members and partners are encouraged to join us in this effort. Whether you are dropping off a few canned goods or helping to spread the word, your support helps make this campaign stronger and more impactful.

“We know that many food pantries are in need, and we want to do our part to support the communities that support us,” said Nic McCarthy, CEO of CVA. “Being part of a cooperative means stepping up when our neighbors need help, and this food drive is one small way we can make a big impact.”

We believe that cooperatives are built on community. This October, let’s continue to show what that truly means by working together to give back to those around us.

To learn more about how you can get involved or where to donate, reach out to your local CVA location.

Together, we can make this Co-op Month a time of action, support, and community.

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Boost cool season lawns this fall

K-State Extension news service

As summer’s heat cools into fall, homeowners have an opportunity to refresh their home lawns. And Kansas State University horticulture expert Cynthia Domenghini says there are some good choices for over-seeding or replacing cool season grasses.

The most popular cool-season grass in Kansas has been a tall fescue variety known as K-31, but even that old standby is giving way to higher-quality choices.

“There are myriad newer varieties with improved color, density and finer leaf texture,” Domenghini said. “Most of these newer varieties are very close to one another in quality. We recommend a region-

al blend of tall fescue cultivars that are commonly available in local garden centers and hardware stores.”

Domenghini said varieties more commonly sold in big box stores often don’t perform well in Kansas because they often contain cultivars that don’t tolerate the state’s stressful weather conditions.

To pick a reliable cultivar, Domenghini advises paying attention to the percentage of ‘Crop Seed’ and ‘Weed Seed’ listed on the label. “Anything over 0.01% of either of these is not recommended” for Kansas lawns,” Domenghini said.

“Though K-31 may still be a good choice for large, open areas where weeds and a lighter green color can be tolerated, the newer cultivars will give better performance for those who desire a high-quality turf,” she said.

Domenghini added that Kentucky bluegrass is becoming a more common choice for home lawns. Kentucky bluegrass is not as heat and drought tolerant as tall fescue and warm-season grasses, but is reliable in areas like northeast Kansas where there is sufficient annual rainfall.

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DONUT DAY - DONUTS BY MINNIE’S KITCHEN!

Friday, October 24, join us for a Drive Thru Donut Day. Stop by on your way to work or school and get some breakfast on us and random drawings for great prizes. We'll be in our West parking lot from 7 - 10 a.m.




NEW: Meadowlark Cancer Program

You’re invited to be a part of a *new* community health program provided by Meadowlark and a dedicated group of volunteers that offers free programming open to **adults of any age** in the Flint Hills region affected by cancer.

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- Sign up for our mailing list.
- Like & follow [@MeadowlarkCancerProgram](#) on Facebook!

Whether you're living with cancer, supporting someone who is, or simply want to learn more, come be part of this growing community of support, connection, and hope.

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