In the garden: Make a plan for preserving foods before you plant this spring

K-State food scientist shares resources to estimate garden yields

BY PAT MELGARES
K-STATE EXTENSION NEWS SERVICE

MANHATTAN - There are numerous options for gardeners to consider when planting fruits and vegetables in their spring gardens.

But Kansas State University food scientist Karen Blakeslee suggests making a plan prior to planting that takes into account how much of the crop you plan to eat fresh, and how much you may want to preserve for later use.

"If you plant a large garden," Blakeslee said, "this will determine how much you preserve and how much you may have to give to family and friends."

Popular garden produce in Kansas includes tomatoes, green beans and cucumbers made for pickles. "But there are many other fruits and vegetables that can be preserved by canning, freezing or dehydrating," she said.

Blakeslee said K-State's Vegetable Garden Planting Guide provides predicted yields for many vegetables per 100 feet of land, as well as planting guidance, and a calendar that indicates when to expect a harvest.

"For example," she said, "100 feet of green beans should yield 120 pounds of beans. The yield can also be calculated per person. For green beans, it's 15-16 feet of planting per person."

To estimate the yield of green beans for canning, Blakeslee added that one bushel is about 28 to 30 pounds of green beans which will make about 15-16 quarts of canned beans. She said a good source for estimating yields is available in a publication from the University of Georgia, Weights and Processed Yields of Fruits and Vegetables, which is available online.

For further safety, "select a garden site that will help reduce the risk of unforeseen problems, such as flooding, animal crossings, chemicals, soil contaminants and runoff," Blakeslee said.

Other tips:

Use potable water to apply to plants.

Avoid using raised-bed materials, such as pressure-treated wood, old tires, single use plastics or old railroad ties.

Personal hygiene is essential when handling edible produce to reduce cross contamination.

Maintain gardening equipment and clean tools to reduce contamination.

If using compost, it must reach a minimum temperature of 131 degrees Fahrenheit for at least three consecutive days to kill pathogens that may be present

"And while you plan your garden, now is a good time to inventory the equipment and other supplies needed for preserving food," Blakeslee said. "Gather recipes from sources that have been researched for the best and safest results."

Kobach warns consumers to be wary of fake traffic violation scam

TOPEKA – (March 26, 2026) –Kansas Attorney General Kris Kobach today issued a consumer alert warning Kansans about a growing scam involving fraudulent "Notice of Hearing" notices for alleged traffic violations.

Scammers are sending fake notices via text message and email that mimic official court documents. These notices often include realistic details such as court headings, case numbers, statute citations, and a QR code or link directing recipients to pay a fictitious fine and associated costs.

"Courts do not serve legal documents on individuals via text or email," Kobach said. "Kansans should not respond to unsolicited messages or emails containing purported legal documents from courts requesting payments. Kansans should also avoid interacting with texts or emails that include alleged notices or direct the consumer to scan any QR code within them. If you receive any of these notices, please report it to my office so we can investigate."

How to Spot and Avoid the Scam

Unsolicited delivery: Real court notices for traffic violations or hearings are never sent by text or email.

Pressure to pay: The notices urge quick payment

SEE **WARNS, A8**

RESURRECTION: ARROWS OF TRUTH

FROM PAGE A5

Death is the soul's great friend. So he teaches; and so, in wonderful harmony with his teaching, he dies — this man who embodied the Greek world in its noblest form.

And now let us examine how Jesus dies. In Gethsemane he knows that death stands before him, just as Socrates expected death on his last day. Jesus begins "to tremble and be distressed," writes Mark. "My soul is troubled, even to death," he says to his disciples. Jesus is so thoroughly human that he shares the natural fear of death. Jesus is afraid ... He is afraid in the face of death itself. Death for him is not something divine; it is something dreadful. Only he who apprehends with the first Christians the horror of death, who takes death seriously as death, can comprehend the exultation of the primitive Christian community and understand that the whole thinking of the New Testament is governed by belief in the resurrection. Belief in the immortality of the soul is not belief in a revolutionary event. Immortality, in fact, is only a negative assertion: the soul does not die, but simply lives on. Resurrection is a positive assertion: the whole man, who has really died, is recalled to life by a new act of creation by God. Something has happened — a miracle of creation! For something has also happened previously, something fearful: life formed by God has been destroyed.

Death in itself is not beautiful, not even the death of Jesus. The only "beauty" found in Christ's death is in its purpose as the ultimate expression of love as He bore the wrath of God. Death is referred to in the Scriptures as an enemy. Whoever has not grasped the horror of death cannot join Paul in the hymn of victory: "Death is swallowed up — in victory! O death, where is thy victory? O death, where is thy sting?" (I Cor. 15:55). Jesus has conquered death and He is the first fruits of those who await the resurrection of the body (I Cor. 15:20). Our resurrection is tied to His resurrection (I Cor. 15:23).

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CROSSWORD

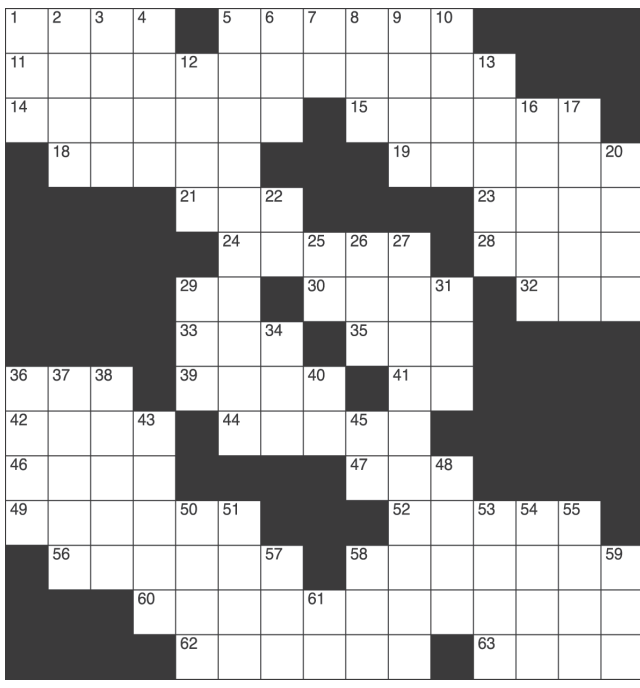
CLUES ACROSS

1. Absence of difficulty
5. Preserve a dead body
11. Gratitude
14. The act of coming together again
15. More cushy
18. Visionaries
19. Large fish-eating bird
21. Indicates near
23. Former CIA and CIA critic
24. Icelandic poems
28. Pop
29. Hammer is one
30. Selfs
32. Thyroid-stimulating hormone
33. Nowhere to be found
35. Electronic data processing
36. Drivers' licenses and passports are two
39. Snake-like fishes
41. Air Force
42. Popular personal computers
44. Stages in ecological succession
46. Wings
47. In the center
49. Pleasantly smooth
52. Jeweled headdress
56. In slow tempo
58. __ Falls
60. Reiterations
62. Eras
63. Hyphen

CLUES DOWN

1. Body part
2. Mimics
3. Expel or eject (variant sp.)
4. Sea eagle
5. Taxonomic category
6. Chinese languages
7. Mr. T's 'A-Team' character
8. Consumed
9. Chinese dynasty
10. NFL legend Randy
12. Ireland
13. Palm trees with creeping roots
16. Fungal disease
17. Tall, slender-leaved plants
20. Affirmative! (slang)
22. It says who you are
25. Atlantic coast state
26. Grow older
27. Associations
29. Woman (French)
31. Sunscreen rating
34. Brew
36. Leader
37. Indigo bush genus
38. Burn with a hot liquid
40. Junior's father
43. Mackerel genus
45. Morning
48. Straight line from side to side (abbr.)
50. Type of molding
51. Small, thin or twisted bunch
53. Worn by exposure to the weather
54. Mars crater
55. Humanities
57. Relating to the ears
58. 'To the __ degree'
59. Residue when something is burned
61. It cools a home

Answers on B4



SUDOKU

		5					6	7
	4			9	1			
		7		6	2		9	
4						2	1	
	7	1		2		9		
	5							
				4		3		
	2					6		
			3		5		7	

Level: Intermediate

Answers on B4

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a Sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

CRYPTO FUN

Solve the code to discover words related to fishing.
Each number corresponds to a letter.
(Hint: 1 = A)

A. 15 21 1 4
Clue: Rides on water

B. 9 1 4 9 7
Clue: Nab

C. 15 1 3 4
Clue: Lures in

D. 2 3 18 19 20 5
Clue: Heavy item

Answers on B4