



# Harvest of Holidays



**If you love to snack you'll love these quick and easy charcuterie board ideas!**

**Make them for all occasions!!!**

This years "Harvest of Holidays" program you will learn how to put a Charcuterie Board together for the Holidays or many other Festivities.

Technically, a charcuterie board is one filled with cured meats, cheeses, and all kinds of picnic food you'd eat if you were out in field in the French countryside. However, it has come to mean any kind of grazing platter or board—for any occasion.

One of the best things about making a charcuterie board is that you can completely customize to your liking, and fill it with all of your favorite foods!

Charcuterie boards are the perfect party snack for get-togethers with friends and families. Not only are they delicious, but they are BEAUTIFUL.

This program will be given in the Sunflower Extension District counties; Sherman, Wallace and Cheyenne.

November 27 in Goodland at 6:00 p.m. (M.T.)  
At the First Baptist Church at 1121 Main Av.

November 28 in Sharon Springs at 6:00 p.m. (M.T.)  
At the CAB, at the fair grounds.

November 30 in St. Francis at 6:00 p.m. (C.T.)  
At the CSM Event Room on Main Street.

Call the Sunflower Extension District Office at 785-852-4285 or call your local Sunflower Extension District Office near you.

**You Must RSVP by: November 17, 2023**  
**Cost: \$8:00**

## LIVING WELL WEDNESDAY

*K-State Research and Extension Webinar Series*

**Webinars are on the first Wednesday every month, from 11:10 - 12:00 pm (M.T.).**

Go to [bit.ly/LWWFall23](https://bit.ly/LWWFall23) to sign up and watch.

The first of the series was titled; "It's not so Kool to JUUL". This was delivered on Wednesday, October 4th, but the program was recorded for those that could not watch it at that time. Here is the link for the recording: <https://www.ksre.k-state.edu/fcs/livingwellwed/>

1. Vaping is the new epidemic among youth. 25% of Kansas High School students currently vape or have vaped. We have learned many things about vaping in the past few years: it causes depression. is very addictive, and hard to quit. There are several programs that are available to help combat this vaping problem among our youth.
2. The next webinar is: "Teen Stress & Anxiety: How Worried do Parents Need to Be", *on Nov. 1st*. Parents want to say the right thing when their child talks about their stresses, but sometimes it is hard to find the words.
3. The next is: "Rapid Development of Baby brains and Why It Matters". Positive early childhood experiences are critical for babies as their brain develops faster during this time than any other throughout the lifespan. Stress and trauma can have significant impacts on brain development.