



WE LOVE OUR VOLUNTEERS

863 YEAR-ROUND VOLUNTEERS

Volunteers

ARE LOVE IN MOTION!

Master Gardeners: **406**

4-H Leaders: **183**

Program Area Committees: **90**

Master Naturalists: **169**

Texas Extension Education Association (TEEA): **15**

Extension is embedded in the Tarrant County community, involving community members in:

- 1) serving on planning committees that develop educational programming to address community identified issues;
- 2) connecting with community partners to expand our capacity and better serve the people; and
- 3) engaging volunteers in meaningful educational roles to enhance the quality of life for their fellow Tarrant County residents.

Total Volunteers: **1,357**

FY18 Volunteer Hours: **67,282**

Value of Volunteer Time: **\$1,661,193**

Full Time Equivalent: **32**

You can find us on Facebook at:
www.facebook.com/agrilife.tarrant

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2018 TCMGA AWARDS



PATH TO THE PLATE

Healthy Cooking School

Date and Time

Tuesday, July 9, 2019
Registration opens 6:00pm
Program held 6:30-8:00pm

Event Location

Ft. Worth Botanical Gardens
Redbud Hall
3220 Botanic Garden Blvd
Fort Worth, Texas 76107

How to Register

agriliferegister.tamu.edu

Join us Tuesday, July 9th for dinner at Fort Worth Botanic Gardens in Fort Worth, TX and learn about Path to the Plate: the connection between agriculture, food and health!

Special presenters include Chris Farley, Assistant Director of the TCU Ranch Management Program, along with County Extension Agents and Volunteers.

Register for \$30 per person or \$50 per couple by July 7 at <https://agriliferegister.tamu.edu/DinnerTonight>.

Questions?

Contact Alaina O'Daniel at 817.884.1942 or email alaina.odaniel@ag.tamu.edu.



PATH TO THE PLATE
TEXAS A&M AGRILIFE EXTENSION

About the Program

Join us for live cooking demonstrations with delicious samples, and learn how to prepare easy, nutritious and economical meals at home. We'll talk about the important role agriculture plays in providing proper nutrition and dispel some common myths about the production of our food supply. Get to know your food!

WEST NILE VIRUS SEASON FOR HORSES

Jacklyn Jones, County Extension Agent, Agriculture/Natural Resources

In 2019 we have come to see record amounts of rainfall, which has been a welcome change from the droughts of years past, but it also brings about that dreaded little bug – the mosquito; for the Equine industry, it brings on a whole different set of concerns – West Nile (WNV).

West Nile virus is defined as a zoonotic disease, which means it can be transmitted between animals and humans. The virus is generally transmitted from birds by mosquitoes to horses, humans, or any other animal. For this reason, the virus is more common in the summer or fall when birds are migrating. Most animals are dead-end hosts for the virus and are not directly contagious from animal to animal or animal to human.

Since the fatality rate for horses exhibiting clinical signs of WNV is over 30 percent, utilizing a vaccine is recommended by all veterinarians.

All West Nile vaccines on the market carry a one-year duration of immunity. Veterinarians recommend horses previously vaccinated, be vaccinated annually in the spring, prior to the onset of the insect vector season; but the important issue is to get the horse vaccinated and then put on a spring vaccination schedule. Horses that have never been vaccinated should receive their initial shot, a booster 3-4 weeks later, and then an annual booster.

“Vaccination has significantly decreased the incidence of West Nile disease in horses in the face of a steady increase of case numbers in humans, where there is no vaccine

available,” says Dr. Leslie Easterwood, Clinical Assistant Professor at the Texas A&M College of Veterinary Medicine & Biomedical Sciences. “Horses are recommended to be vaccinated twice yearly in areas of the country where mosquitos are present all year.”

As a horse owner it is important to have a close working relationship with your veterinarian and have an equine wellness plan in place, especially during West Nile season. The sooner the symptoms are identified, and the horse receives treatment, the better chance the horse has in surviving. According to Easterwood, one third of all equine West Nile cases generally survive with proper intervention.

“If an owner sees neurologic signs of wobbly stance, unsteady movement, depression, not eating, with or without muscle twitching, they should call their veterinarian right away,” explained Easterwood, even if the horse has been vaccinated.

Although the West Nile vaccine has proven effective, Easterwood reminds horse owners that no vaccine is 100 percent protective.

Horse owners should take steps to reduce the number of mosquitos around their facilities by eliminating standing water, keeping stalls and pens clean, using equine mosquito repellents, fly sheets, and fly masks, plus placing fans inside stalls since mosquitos have difficulty flying in the wind. But most importantly, horse owners should have a working relationship with their veterinarians in order to ensure the best health for their horses!



THE NUTS AND BOLTS OF NUTS AND SEEDS

Robin Hall, Extension Agent, Expanded Food & Nutrition Education Program - Adult

Humans have consumed nuts and seeds for centuries, and they are increasingly becoming recognized for many potential health benefits. Walnuts and almonds have been studied the most and have gained the most press, but there are several other nut and seed varieties worthy of consideration as a satisfying snack, or healthy addition to a meal.

In general, people understand that nuts are good for you, but they may not be aware of just how good they are. Some studies have shown that eating 1.5 oz of nuts or seeds per day could reduce cardiovascular disease risk by 30%-50%. Higher nut intake is also associated with reduced risk of cancer, all-cause mortality, diabetes, and infections. Botanically, nuts are dry fruits that have a single

Number of Nuts in a 1-oz Serving	
Almonds	23
Hazelnuts	21
Peanuts	28
Pecan Halves	19
Pistachios	49
Walnut Halves	14

seed, a hard shell, and a protective husk, but peanuts and almonds do not. Peanuts are legumes, and almonds are encased in a fuzzy coat rather than a hard outer layer. Continue reading to see why nuts and seeds are healthful additions to any diet.

Almonds

- Consuming 1.5 oz of almonds daily has been shown to decrease bad cholesterol (LDL) levels and maintain good cholesterol (HDL) levels.
- Almonds are a good source of vitamin E, riboflavin, calcium, magnesium, phosphorus, potassium, zinc, copper, and manganese.

Peanuts

- While peanuts are botanically legumes, they are considered nuts for culinary, research, and nutritional purposes.
- Peanuts provide protein, niacin, folate, thiamin, vitamin B6, vitamin E, copper, manganese, iron, and phosphorus.
- Peanuts have more protein than any other nut, similar to the amount in a serving of beans.
- Consuming 1-1.5 oz of peanuts daily can improve blood sugar metabolism and lipoprotein profiles without affecting body weight.

Pistachios

- Pistachios make up only 2% of total nuts consumed in the United States.
- Pistachios are a good source of protein and higher in fiber than most nuts. They also contain



potassium, phosphorus, magnesium, calcium, vitamin E, and antioxidants.

- Research shows that including pistachios in the diet may help in lowering total LDL while increasing HDL.

Walnuts

- Walnuts contain five times as much omega-3 fatty acids as pecans, which has been found to be beneficial for cardiovascular health.
- Several animal studies show that including walnuts in the diet slows or prevents the growth of breast and prostate cancer.
- Other studies show that consuming walnuts as part of a Mediterranean diet show other potential benefits such as helping people lose abdominal fat, reduce blood pressure, and lower triglycerides.

Chia Seeds

- Chia seeds are an excellent source of fiber, boasting 10g of fiber per 2 tablespoons of seeds.
- Research suggests that chia seeds may lower cholesterol, triglycerides, and blood pressure.
- A recent study found that consuming 5g of chia seeds over the course of three weeks improved cognitive function in young adult subjects.

Hemp Seeds

- The hemp plant is related to marijuana, but generally has 0.2% of THC, the intoxicating ingredient in marijuana.
- Hemp seeds are high in protein, antioxidants, and omega-3 fatty acids.
- These seeds can be eaten raw or roasted and can be sprinkled on salads, added to smoothies, or used as an ingredient in muffins and cookies.

Flaxseed

- Health benefits of consuming flaxseed include a reduction in cardiovascular disease, diabetes, cancer, arthritis, osteoporosis, and autoimmune and neurological disorders.
- Flaxseeds are the richest source of the omega-3 fatty acid, ALA, of all the nuts and seeds.
- A recent study showed that including at least 1 oz of flaxseeds per day improved BMI among overweight and obese subjects studied.

Article adapted from: Nuts & Seeds. By Denise Webb, PhD, RD. Today's Dietitian. Vol. 21, No. 3, P. 20

SIMPLE SUMMER MEAL

Alaina O'Daniel, County Extension Agent, Family & Community Health

The summer is a busy time for many people. And in Texas, the heat is so oppressive that cooking frequently falls to the bottom of the 'to do' list- in favor of swimming, boating and sipping on something ice cold.

Here's a recipe that I love right now to help keep me on track with my health goals. It's a sheet pan bake which requires minimal dishes and effort. Chop up a bunch of vegetables- this recipe calls for potatoes, broccoli and asparagus, but you can use whatever you have on hand. Throw in shrimp, a little lime juice and bake in the oven.

This meal is also versatile - you can throw it on pasta for an Italian flair, or my favorite- throw it in a tortilla and call it a day. This also makes easy work of meal prepping so you can have a healthy lunch without worry or a whole bunch of work.

[This recipe is from tasteofhome.com](#)

Total Time: Prep: 10 min. Bake: 40 min. Makes 4 servings

Ingredients

- 1-1/2 pounds baby red potatoes, cut into 3/4-inch cubes
- 1 tablespoon extra-virgin olive oil
- 3/4 teaspoon sea salt, divided
- 3 medium limes
- 1/4 cup unsalted butter, melted
- 1 teaspoon ground chipotle pepper
- 1/2 pound fresh asparagus, trimmed
- 1/2 pound Broccolini or broccoli, cut into small florets
- 1 pound uncooked shrimp (16-20 per pound), peeled and deveined
- 2 tablespoons minced fresh cilantro



Sheet-Pan Chipotle-Lime Shrimp Bake Recipe
photo by Taste of Home

Directions

1. Preheat oven to 400°. Place potatoes in a greased 15x10x1-in. baking pan; drizzle with olive oil. Sprinkle with 1/4 teaspoon sea salt; stir to combine. Bake 30 minutes. Meanwhile, squeeze 1/3 cup juice from limes, reserving fruit. Combine lime juice, melted butter, chipotle and remaining sea salt.
2. Remove sheet pan from oven; stir potatoes. Arrange asparagus, Broccolini, shrimp and reserved limes on top of potatoes. Pour lime juice mixture over vegetables and shrimp.
3. Bake until shrimp turn pink and vegetables are tender, about 10 minutes. Sprinkle with cilantro.

Nutrition Facts

1 serving: 394 calories, 17g fat (8g saturated fat), 168mg cholesterol, 535mg sodium, 41g carbohydrate (4g sugars, 6g fiber), 25g protein.

*References to products or services do not imply endorsements. Readers are encouraged to call the Family and Community Health department for specific advice.

PLANT SLANT

Alyssa Witt, County Extension Agent, Family & Community Health

"Eat your vegetables!" We have all heard it, and yet we Americans struggle significantly to eat enough plant foods. Only 1 in every 10 Americans meets the dietary recommendations for daily fruit and vegetable consumption.

The USDA Recommendations

Daily Recommendations	Women	Men
Fruit	2 cups	2 cups
Vegetables	2 ½ cups	3 cups

MyPlate

If you haven't met before, meet MyPlate: the visual depiction of daily diet recommendations, broken down by meal.

Let's break this up:

- If you choose to eat meat for protein, **75% of your plate will be plants**
- If you choose a plant-based protein, like beans, **100% of your plate will be plants**



If you don't think that's possible stay with me for a bit—it is more possible than you think.

What Works

Below is what a day can look like with the recommended amount of fruits and vegetables:

Breakfast	Lunch	Snack	Dinner
Oatmeal 1 large banana	Skillet potatoes, bell peppers and onions, sausage	Baked chips 1 small apple	Bean chili Cornbread

Not bad, right?

It can be simple to work the needed fruits and vegetables into your diet, and to have your plate be mostly plants.

The main message to take away from this is that both the lunch and dinner meals were recipes that *already incorporated a lot of vegetables*. Eating the recommended amounts of fruits and vegetables is not about being doomed to a life of salads and celery. It's a game of finding recipes you enjoy that already have vegetables in them. This way, the thinking is done for you.

Though there are good recipes published by health organizations, many of us don't think of them as a recipe base, so finding healthy recipes with reviews can be difficult. One way to improve search results for healthier recipes is to use search terms like vegetarian, vegan, and plant-based. Let's be clear: *you do not have to be vegan or vegetarian*. There are a few reasons for searching this way:

1. Vegetarian and vegan recipes are higher in vegetable content, sometimes much higher.
2. You can easily add meat and cheese to a recipe.
3. Debates aside, one reason people choose vegetarianism and veganism is due to health. It is then no surprise that these recipes deliberately appeal to a more health-conscious audience.

In my experience, I've found these recipes to also be lower in calories and added fat, and higher in nutrition.

Behavior Change

Changing diet habits can be challenging. It is motivating to know that moving step by step leads to the most sustainable behavior change. Don't expect perfection. It is vital to sit in the struggle and to fail, because doing so will lead to improvement. Changing behavior is akin to changing your outlook, and this is found in the struggle. Remember that nutrients from fruits and vegetables you consume will perform biochemical reactions in your body in just a few hours, and they will fight disease, improve your quality of life, and can lengthen your life if consumed regularly.

Reference:
Centers for Disease Control. (November 16, 2017). Only 1 in 10 Adults Get Enough Fruits or Vegetables. Retrieved from: <https://www.cdc.gov/media/releases/2017/p1116-fruit-vegetable-consumption.html>

Vacation Time - What About Your Plants?

Steve Chaney, County Extension Agent, Horticulture

Houseplant Activities

If you have a nice shady spot of your landscape, move them all outside and group them together. If you have an automated irrigation system that can water them you're in good shape, if not you might want to create a temporary one off your hose bib. Otherwise, you may want to make other plans and group them all together inside the house.

- **Water** – Put your houseplants in the bathtub or shower, and then water them heavily, two or three times the amount you normally use. This excess water thoroughly wets the soil, dissolves soluble salts that have built up in the soil, and lets the salty water drain out of the container.
- **Congregate** – Gather all your houseplants together, preferably in the bathtub or shower in a bright, sunlit bathroom. The grouping of your plant will raise the surrounding humidity level, thus reducing water use by the plants. The plants will need watering only once per week using this method. If they are in a bathtub, you can even plug the drain and fill the tub with 1-2 inches of water that can be easily absorbed by the plant over a 2-week period as needed through the container drain hole. P.S. (this is after you have rinsed the salts out of your pot and drained the water).
- **Get help** – If needed, ask a neighbor to water the houseplants. By grouping them all together they are easier to water (instead of the neighbor having to go from room to room all over your house).



There is also less chance of water damage from spills or overflowing pots or saucers.

Landscape Activities

Water the landscape and garden thoroughly; maybe even overdo it a little unless the forecast is heavy rain while you're gone. If you have an automated system, set it to come on while you are gone every third day for approximately 20-30 minutes per station. This is a survival level for lawn and landscape watering in the absence of rain. If you have a vegetable garden, irrigation is more critical, so you may need a neighbor to water as needed.

- **Mow** – Mow and trim your yard the day before you leave. **Don't** lower the mower blade thinking you will get a few more days until the next mowing is needed. What you will end up with is a very stressed and damaged lawn from heat and sunscald. The lawn will need to be mowed a week later, so either be home by then or plan for weekly mowing while you're gone.
- **Mulch** - Mulching preserves water in the soil, reduces soil temperatures, reduces weed populations, and gives a fresh look to the garden. For most gardeners, the look is likened to coming home to a freshly vacuumed carpet.
- **Harvest** – In the vegetable garden, harvest all ripe and nearly ripe fruit. Call a neighbor to come harvest for you if you're going to be gone for more than a week. Rotten tomatoes are a terrible waste!

Most of all enjoy your time away, rest and return with a big smile!

TIPPING THE SCALE, FIFTEEN YEARS OF CRAPEMYRTLE BARK SCALE SMUSHING

Laura Miller, County Extension Agent, Horticulture



The Crapemyrtle, no matter how you spell it, is an MVP in the landscape. Driving around Texas in the summertime, Crapemyrtles are sure to catch your eye with their brightly colored pink, purple, red and crisp white flowers when many plants look tired and wilted. Crapemyrtles are widely planted all over North Texas and generally get the job done, earning their good reputation for being an excellent landscape choice for full sun in a wide variety of soils and situations. In recent years, breeders have released selections that are resistant to powdery mildew, sized to grow from groundcover height to tall trees, and just to make you stop the car, beautiful dark Aggie maroon foliage.

No plant is completely without its problems and in addition to powdery mildew, the Crapemyrtle aphid, *Tinocallis kahawaluokalani*, has been hanging around on crapemyrtles making a mess for years. Black sooty mold grows on crapemyrtle leaves and excess excrement, aka honeydew, is hard to wash off cars and patio furniture. However, Crapemyrtle aphids don't eat anything except crapemyrtle and all kinds of beneficial predator insects eat them. If you want to have plenty of ladybeetles and green lacewings patrolling your landscape, having a few Crapemyrtle aphids is not a bad thing. No insecticidal intervention was needed in most situations.

That all changed! Here's a summary of fifteen years of trials and tribulation:

- **2004** - Dr. Mike Merchant, Professor and Extension Urban Entomologist at the Texas A&M AgriLife Research and Education Center in north Dallas, received an inquiry from a landscape maintenance company concerning an unusual pest insect on crapemyrtle that was uncontrollable. Instead of finding black sooty mold growing on their leaves, he found black stems and trunks on crapemyrtles at a commercial property in Richardson. Initially this insect was identified as an Eriococcid scale (Hemiptera: Eriococcidae), most likely the azalea bark scale, *Eriococcus azaleae*. Azalea bark scale had never been found on crapemyrtle.
- **2008** - Dr. Merchant received some funding from the Texas Nursery and Landscape Association to evaluate different insecticide treatments for this scale. In addition to testing some newer neonicotinoid insecticides, they looked at applications of horticultural oil and of malathion. The latter two treatments provided no significant suppression of scale activity; however, they did see significant control with acetamiprid, clothianidan, dinotefuran and imidacloprid, all commercially available neonics. Two of these products, dinotefuran and imidacloprid, are available to consumers as Merit® or Bayer Advanced™ Garden Tree and Shrub Insect Control and Greenlight Tree and Shrub Insect Control with Safari. When applied as a drench treatment to the plant root zone, these products provide significant control of this scale. Fast forward to 2019 and neonicotinoids are still effective, but there are a few issues with their use.

- **2010** - Dr. Merchant heard about a very similar species of scale that feeds on crapemyrtle in China and Japan and submitted scale samples to Dr. Douglas Miller, a systematic taxonomist for scale insects with the USDA in Washington, DC. He concluded that it was very likely that this scale insect is a new introduction of *Eriococcus lagerstroemia*, the scale previously known only from Asia. We like to call it Crapemyrtle Bark Scale, or CMBS for short.
- **2011** - The first out of state report came from Ardmore, OK.
- **2012** – The first find in Tarrant County occurred when I visited a small commercial nursery in Arlington at the owners' request. Where there are two or three scales, there will always be another and in early September 2012, I received e-mailed photographs of the scale from a homeowner in Hurst. A few days after I spotted the scale on some crapemyrtles at the corner of Summit and Weatherford streets in downtown Fort Worth.
- **2013** - Dr. Mengmeng Gu, Associate Professor and Extension Horticulturist, noticed the scale on crapemyrtle at the Beijing Botanical Garden. She returned inspired to smush out scale and applied for a USDA grant. Dr. Jim Robbins in Arkansas documented smaller flower panicles on infested vs. uninfested trees.
- **2017** – Upon receipt of a \$3.3 million grant, scientists in Texas, Louisiana, Arkansas and Florida have been diligently studying scale with the goal of keeping it from becoming a serious pest problem on crapemyrtle and a host of other documented hosts. Dr. Mike Merchant investigated physical scale removal as an option. One recommendation for heavily infested plants is to wash the trunk and reachable limbs with a soft brush and mild solution of dishwashing soap. This will remove many of the scales and egg masses and much of the black sooty mold. Unfortunately, it doesn't reduce scale populations significantly.
- **2019** - As I write this article, Crapemyrtle Bark Scale has been confirmed in 12 states, and eight separated landscape management trials have been conducted.

What works?

- Soil applied neonicotinoids
- Bifenthrin
- Pyriproxyfen, an environmentally friendly option

What doesn't work?

- Trunk and foliar sprayed neonicotinoids
- Horticultural oil except when combined with other treatments
- Malathion, cyantraniloprole, and azadirachtin
- Sevin and cypermethrin make scale worse by killing off those natural enemies

Back to the smushing, what's the best way to identify the scale? Smush it. If it's insides are pink, you've just found CMBS, but you've probably noticed it just driving around Texas.



SNAP AWAY

Shannon Johnson-Lackey, 4-H Extension Agent, Cooperative Extension

The summer break has not ended. Vacations or stay-cations may have come and gone, but there is still time to capture some great memories before fall is upon us. Whether your adventures include a special outing to a subzero ice cream shop, visiting a local park or thrill attraction, look for moments to capture. With the promise of new discoveries and future stories to tell, do not forget to pack the camera.

Your camera is an essential tool while you seek new experiences away from home. The camera will aide in recording those memories you'll want to relive time and time again. A handy camera is paramount in capturing those smiles which occur unexpectedly or the look of amazement at the discovery of a sought-after treasure.

Kodak offers consumers tips on taking great pictures. Their full list contains 10 suggestions; however, I have only highlighted the first 5. The following excerpt is from their website at <http://www.kodak.com>:

1. Look your subject in the eye

Direct eye contact can be as engaging in a picture as it is in real life. When taking a picture of someone, hold the camera at the person's eye level to unleash the power of those magnetic gazes and mesmerizing smiles.

2. Use a plain background

A plain background shows off the subject you are photographing. When you look through the camera viewfinder, force yourself to study the area surrounding your subject. Make sure no poles grow from the head of your favorite niece and that no cars seem to dangle from her ears.

3. Use flash outdoors

Bright sun can create unattractive deep facial shadows. Eliminate the shadows by using your flash to lighten the face. When taking people pictures on sunny days, turn your flash on. You may have a choice of fill-flash mode or full-flash mode. If the person is within five feet, use the fill-flash mode; beyond five feet, the full-power mode may be required.

4. Move in close

If your subject is smaller than a car, take a step or two closer before taking the picture and zoom in on your subject. Your goal is to fill the picture area with the subject you are photographing. Up close you can reveal telling details, like a sprinkle of freckles or an arched eyebrow. But don't get too close or your pictures will be blurry. The closest focusing distance for most cameras is about three feet, or about one step away from your camera.

5. Move it from the middle

Center-stage is a great place for a performer to be. However, the middle of your picture is not the best place for your subject. Bring your picture to life by simply moving your subject away from the middle of your picture. Start by playing tick-tack-toe with subject position. Imagine a tick-tack-toe grid in your viewfinder. Now place your important subject at one of the intersections of lines. You'll need to lock the focus if you have an auto-focus camera because most of them focus on whatever is in the center of the viewfinder.

Don't Forget Your Camera!

*References to products or services do not imply endorsements. Readers are encouraged to call the 4-H department for specific advice.

4-H YOUTH GARDENING

Jordan Peldyak, 4-H Extension Agent, Cooperative Extension Program

Gardening has been around as long as people on this earth. But in recent time in our society it is more important than ever to teach youth where their food comes from, along with how to grow gardens themselves. 4-H youth gardens can be created in many different locations. In Tarrant County we provide garden projects at mainly schools and community locations such as community centers.

Many of the gardens have adult volunteers, county agents, or master gardeners that provide education and assistance to the youth programs. The volunteers and agents are vital to having a great sustainable garden and keeping the project going for many years.

Garden projects also take a bit of planning, it is important to have a game plan to start off with so that when the program starts everyone has a clear direction and role that takes place over time. The first step is having the correct tools to be able to put on the project. This will include watering hose, shovels, soil, gloves and an easy location to access water from. The second step is to find the best location to place your garden. The placement of the garden is key to having enough sun and shade for the garden to thrive. The third step is to have a good team in place that has specific roles for what needs to be completed on a regular basis for the garden. The team will work best to keep the group focused and sustain the success of the garden. The fourth step is to have the correct type of soil with proper nutrients for raise-bed

gardens. Gardens that plan to start in the ground will need a soil analysis sample for the best success of growing. The last step is to tend to the garden on a regular basis to check plant growth, progress and assistance to the youth.

Starting a new garden can be very rewarding and have many life-long benefits for youth. Gardening engages all of the human senses and reduces stress. Gardening projects can provide new healthy food options for youth and families and can introduce plant science education.



Gardening can also teach many life skills that are a part of the gardening process. These life skills include teaching responsibility, patience, planning, organizing and appreciating where your food comes from. Gardening projects are a great way to get new 4-Hers involved in their first 4-H project. This project is

a real team effort and brings groups together including youth and adults. When starting new 4-H groups or clubs I think its great to start off with projects that everyone can have a specific role in; and that is definitely gardening.

Gardening is a great segway into additional 4-H projects that are directly related, as well. Health and nutrition can be an additional project that can be taught right along side gardening. Water conservation is also a 4-H project that can be included within gardening. The rewards and benefits from gardening are great, we hope to continue our great projects for years to come.



THE WONDER OF KITES

As a young girl, I was fortunate to live in a semi-rural area of the county. While there were a few houses, there were many acres of undeveloped hillsides and fields of natural grasslands. These surroundings were perfect for many outdoor activities, especially kite flying.

Perhaps you too, were fortunate to experience the excitement of running into the wind, trying to get your kite into the air. On those days, when the wind was 'just right', the kite would climb higher and higher into the sky effortlessly. As the kite continued its ascent, it naturally pulled just the right amount of string necessary to continue its journey until it was almost out of sight. What a wonderfully relaxing calm it was to sit and watch the kite and feel the tug on the string as it encountered wind currents on its continual rise. It seemed as if time stood still while watching the sky as it turned from a sunny afternoon to dusk.

While kite flying can be fun, it is also a great opportunity to learn about science. Very young children often have difficulty with the concept of air because they cannot see it, taste it, or feel it. Yet, they find it fascinating that moving air can lift a kite so high in the sky. Many will ask why they can't fly too. As the child runs into the wind to launch his kite, he is experiencing the concepts of aerodynamic forces such as lift, drag, and pressure.

A child who flies kites may develop a strong interest in meteorology. He will observe that wind patterns, temperature, altitude, and time of day are all interrelated. Learning about wind currents, characteristics of types of clouds, and weather patterns is valuable knowledge that can find applications in daily life as well as other fun activities, such as sailing. Some scientific principles (Newton's laws of motion or Bernoulli's Principle) can seem abstract when only read or memorized, yet application of those principles in fun activities can bring those concepts to life.

Kite flying can be a fun family activity because it appeals to all ages and abilities. With today's urbanization and busy schedules, many children have not experienced the excitement of family kite flying. I encourage you to add this activity to your plans this Spring and Summer. The joys of working together to build a kite, tie the tail, and launch it into flight are memories that each family member will share and treasure for years to come.

Always Think: Safety 1st

- Fly in an open field or park with no obstacles
- Never fly a kite near a power line
- Never fly a kite across a street or highway
- Avoid houses and trees

Source: Cindy Bryant, Former 4-H County Extension Agent

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