

MAKING A DIFFERENCE

TARRANT COUNTY

SUMMER 2022

Director's Message

Howdy from your local Tarrant County AgriLife Extension Office! As always, we hope this newsletter finds you well; and that you and those around you are healthy and safe.

If you have any questions or if there is anything we can do to serve you, please contact our office. Also, join us in welcoming our two newest Tarrant County AgriLife team members, Sandy and Christa!



Courtney Davis,
Tarrant County
Extension Director



SANDY TAYLOR

Administrative Assistant for
Agriculture and Natural Resources

Hi, I'm Sandy, and I am excited to join the AgriLife Extension Tarrant Team as the new Administrative Assistant for the Agriculture and Natural Resources Department. Although I may be new to Extension, I have worked with Tarrant County for almost 15 years. Most of it was spent as a Graphics Assistant in the Reprographics Division of Facilities Management. You may have seen some of my work throughout the county in various buildings in the form of posters and literature.

I am a graduate of the Tarrant County Leadership Development Program, and I will apply my skill sets and experience to my current position while learning new and valuable skills working with the amazing group of people within the Extension Office.

I would like to thank Texas A&M AgriLife Extension Service for this opportunity to showcase my skills and training. And always remember things work out best for those who make the best of how things work out.

CHRISTA DESTEFANO

County Extension Agent for
Family and Community Health



Howdy! My name is Christa DeStefano, and I am honored to serve Texas A&M AgriLife and Tarrant County as your newest County Extension Agent for Family & Community Health (FCH)! I am not new to the AgriLife family (or as we say around here...this is not my first rodeo!). Since 2019, I have been the Extension Assistant on the Expanded Food & Nutrition Education Program (EFNEP) team.

As your FCH Agent, I pledge to deliver the finest adapted health behavior change education, based on research from Texas A&M, which focuses on improving physical activity practices by: identifying/reducing barriers to physical activity, facilitating lifelong relationships with physical activity to reduce the risk of chronic disease and harnessing movement to improve mental health.

When not representing the country's greatest Extension program, I am in the kitchen cooking or spending time outdoors with my daughters. My door is always open...stop on by for a walk and a chat!



4-H ROPING SCHOOL

Jacklyn Jones-Doyle, County Extension Agent, Agriculture/Natural Resources

June 2022 marked the 49th annual Texas 4H Roping School. This year 46 participants and countless volunteers from all over the state of Texas came together in Stephenville, Texas for a week to work on improving their Breakaway and Tie Down skills. Participants ranged from 9 -18 in age with various levels of skills. The fun part was watching their skills improve over the week.

The week not only consisted of roping, but opportunities for new friendships to be made, character to be built, work ethic to be exercised, lessons in integrity, teamwork, and independence. Participants checked into the camp on Sunday, with many of their parents returning home after the students were checked into the dorms at Tarleton. Campers are either paired with roommates they know, while others are meeting their roommates for the first time (part of the fun!!). With staying in the dorms, participants get a taste of what being at college while



rodeoing will be like. They not only have to make sure they are awake on time, but they have to be at the cafeteria on time for breakfast or lunch, make sure they have their ride arranged to and from the arena, take care of



their horses (feeding, watering, cleaning stalls, saddling, making sure all tack is in proper working order, etc.) and be in the stands for either the morning or afternoon group discussions.

Group discussions this year consisted of topics covering Equine Dentistry, the importance of character, 4H experiences and scholarship opportunities, and Equine nutrition. The one thing all the instructors strive to teach the students at this camp is that when talent only takes you so far, hard work will overtake talent. This is not only true in the roping pen, but in all walks of life.

We are looking forward to next year's camp when we celebrate the 50th year for this camp! We are even working on getting future participants excited for when they will be able to join us!

For more information about the 4H Roping School, please be sure to reach out about next year's camp!



TARRANT COUNTY 4-H MEMBERS EXCEL AT TEXAS 4-H ROUNDUP

Kate Marshall, County Extension Agent, 4-H Youth Development

4-H members from Tarrant County participated at Texas 4-H Roundup and LEAD Academy in Bryan and College Station, Texas, June 6-9th. Texas 4-H Roundup, the pinnacle event for all of Texas 4-H, welcomed more than 1,300 youth to compete in approximately 50 diverse competitions throughout the week. The contests included both qualifying events, where 4-H members qualified at their county and district contests to compete at the state level, and invitational events. Texas 4-H Roundup was open to senior level, or high school aged, 4-H members only this year. Additionally, the Texas 4-H Youth Development Foundation awarded just under \$2.9 million in scholarships to 244 youth.

LEAD Academy was an event for 4-H members, parents, and volunteers. Participants attended a college and career fair, participated in a day of community service around Bryan-College Station, and participated in two days of educational workshops.

“We were proud to host Texas 4-H Roundup and LEAD Academy once again and allow our 4-H youth from across the state the opportunity to participate and excel,” said Montza Williams, Texas 4-H Youth Development Program Director. “It’s so fun to celebrate with members and leaders when so many come together. Roundup is a time of great promise, anticipation, fulfilled goals and fun memories. I’m looking forward to a great time as 4-Hers amplify impacts today and in the year to come.”



Pictured: Isabel Garza

The Tarrant County 4-H program is proud of the following youth for their participation and success at Texas 4-H Roundup and LEAD Academy:

- Isabel Garza, Lead Academy, Photography Judging (4th Place).
- McCaule Milton, Share the Fun (Instrumental) & Family and Consumer Education Presentation.
- McKelle Milton, Family and Consumer Education Presentation.
- Nash Milton, Share the Fun (Vocal).
- Isabella Rodriguez, Share the Fun (Variety Show), 2nd Place.

The 2023 event is planned for June 5-8, 2023, in Bryan-College Station, Texas.

BEATS UNLOCKED

BY 4-H FACEBOOK GROUP

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

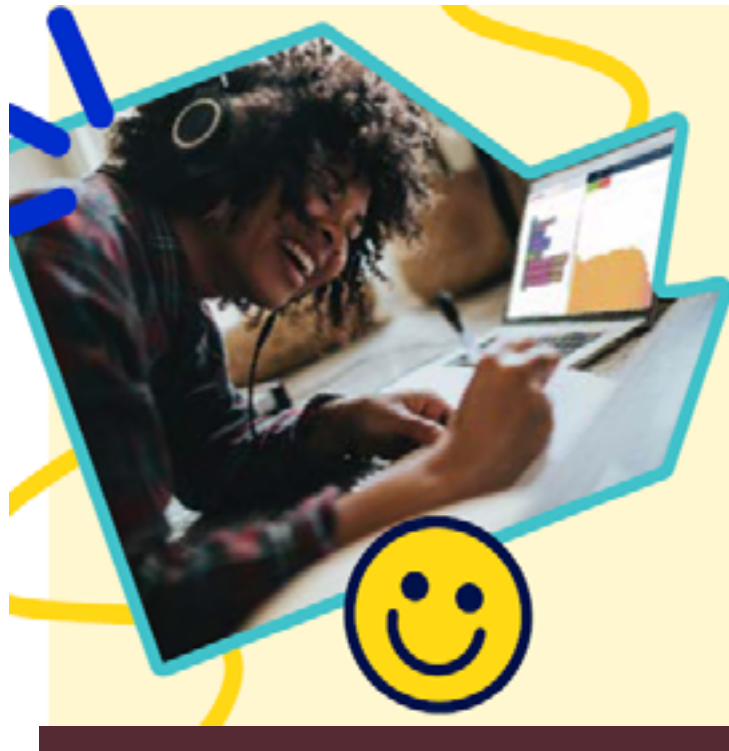
The Prairie View A&M 4-H Extension staff across the state of Texas has worked to collaborate and offer more great computer coding experiences this year including a new partnership with Facebook. The social media group partnered with 4-H to allow the program curriculum called “Beats Unlocked” for students in 6th-12th grade this year. The virtual one-day camp in June allowed students a workshop experience where you create musical beats using computer coding. The program is designed to walk you through every step you need. Even if you’ve never written music or coded before, you’ll be surprised how quickly you can create amazing beats while learning basic computer coding.

Beats Unlocked uses the popular JavaScript block-based coding, which is a popular programming language, and block-based means that students will use a visual drag and drop environment (instead of typing) to create their programs. Each student received their own profile link to create and work on their own platform of coding beats to create music. The lesson provided throughout the day included how to add beat blocks, touring the music editor, how to remix your beat, how to change the instruments and how to set the tempo. After each session we worked with the students in virtual breakout rooms to guide them in the process of completing music beats. Each lesson section also included an educational video that would breakdown each step of the coding process.

The camp allows for great creativity no matter which type of music you like and can create different codes to establish music beats and form songs that sound

good to them. Students learned debugging skills and problem-solving skills throughout the creation of new beats throughout the day. Each student worked towards creating two beats that could be incorporated into a song. The beats were then presented to the class individually to show off their creativity and allow the whole camp to hear the great work they had created. The camp will also continue to promote and offer youth to participate in our County-wide 4-H coding program called “Panther Programmers.” This is a 6-week series where students get to build on their block coding knowledge and create games through the [Code.org](https://code.org) platform. Students have the ability to showcase games and new characters that can move and function using code.

This next year we will continue to create new 4-H coding opportunities for students to participate in.



STEPPING UP TO BAT ...

OUR NEW MASTER GARDENER INTERNS!

Brittnay Meyer, County Extension Agent, Horticulture



This program provides horticulture education to the community by presenting talks or hands-on demonstrations. Every MG begins in the AgriLife training classes developed by the Master Gardener team in College Station, TX. In Tarrant County we offer these training classes either Tuesdays and Thursdays for 4 months or Saturdays over 7 months. These classes cover important topics that our Master Gardeners will need to serve our community from plant growth and development, fruit and vegetables for North Texas, to diseases and insect pests. Along with volunteer hours in education, environmental, school gardens, and more for practical experience.

In January of 2022, I began the process of searching for students to be a part of our 2022 Master Gardener training classes. After an application and extensive interview process, 16 interns started our Tues/Thurs classes (March – May), and 13 interns started the Saturday classes (April – November) this year. I have updated these classes from what has been done in the past to allow more hands-on learning and training. Our interns and past MG’s have enjoyed this new format greatly, with many currently certified MG’s asking to audit these classes. Classes are taught by AgriLife Specialists, certified Master Gardeners, and me to provide the best education we can to these new Master Gardeners.

From day one our interns have jumped in headfirst ready to learn and volunteer whenever needed. I have been incredibly impressed by everyone’s passion in learning and more so in youth education. Volunteering at Earth Day programs, helping at community and school gardens, and assisting at our MG monthly meetings.

This agent is excited to see all these interns continue in this organization! Their passion and dedication is what Texas Master Gardeners are all about!

“Tell me and I’ll forget. Teach me and I’ll remember. Involve me and I’ll learn.”

- Benjamin Franklin



January 1987 marked the beginning of the Master Gardener program in Tarrant County.



TIPS FOR GETTING YOUR GARDENING QUESTIONS ANSWERED:

- Contact the help desk
Phone: 817.884.1944
Email: TarrantMG@ag.tamu.edu
- Take high quality pictures
Include multiple perspectives
For insect ID: White background with a coin or known object for size reference
- Describe when the problem began and how it has developed.
- Inform of any previous work done around the area or to the plant directly.
- Observe if neighbors are having the same or similar issue.
- Note the plants age, location, the amount of daily light and water.



TRIALS ON TRAILS

Laura Miller, County Extension Agent, Horticulture



If you are ever out for a run, or perhaps a stroll, along the Dove Loop Trail in Grapevine, you might notice a long bed of roses. If you've been there since May 6th and have sharp eyes, you might have noticed that little triangular clumps of lavender between the roses all along the 500 foot bed.

This bed doesn't just provide flowers for people

and pollinators to enjoy, it is also a Texas A&M AgriLife Extension applied research project. Thanks to the support of the City of Grapevine and the Tarrant County Master Gardener Association, we've been learning from this landscape since 2005!

The original planting, done in cooperation with former City of Grapevine Horticulturist Lisa Adams Grove, was part of the research done to select Earth-Kind® Rose Cultivars. By 2015, all but one of the cultivars in that original trial showed severe Rose Rosette Disease (RRD) symptoms. RRD was wreaking havoc all over Tarrant County at that time. The Fort Worth Botanic Garden's famous Rose Ramp and Garden temporarily became the world's only pansy ramp when all the roses were removed.

In June 2016, in a search for genetic resistance to RRD in commercially available cultivars, we installed a replicated trial in a randomized complete block design with 16 cultivars chosen from a list of 55 cultivars that, at that time, had not been documented to be RRD susceptible. By November 2017, all but four of those cultivars had developed impressive RRD symptoms. We

removed all but 16 of the 64 individual plants in the trial, leaving four plants each of the asymptomatic cultivars: Lafter, Love, Carefree Beauty, and Bayse's Purple.

Once again, lists of possibly resistant cultivars were consulted to select replacement roses. We were also given 20 miniature roses from the Texas A&M Rose Breeding program's Ralph Moore collection: Cal Poly, Gidget, Just for You, Woodstock, and Janice.

Although some of these roses are probably asymptomatic carriers of RRD, we haven't seen witches' brooms, excessive thorns, thick new branches or any other RRD symptoms since the replant. A wonderful group of Tarrant County Master Gardener volunteers regularly evaluates the roses and continues to prune and care for them. Pam Braak led this group from 2016 to 2021 and Rose Bedwell and Marie-Jose Smith have kept the project going post pandemic.

What goes well with roses? Some would say wine, and that's not wrong, but when looking at flowering plants that are in demand for beautification of vineyards and other agritourism ventures, the answer is often lavender.

Dr. Mengmeng Gu, former Texas A&M AgriLife Extension Horticulture Specialist, received a grant to purchase plants for a statewide replicated lavender variety trial early this year and 13 varieties have been planted in seven locations around the state including amongst the roses in Grapevine. On May 6th, a brave group of fifteen Tarrant County Master Gardeners installed 138 lavender plants. An even braver Trace Worthy, City of Grapevine Horticulturist, returned on Monday to water them all because the drip irrigation system was temporarily out of operation.

How will these little plants survive this hot, dry summer? The timing might be fortuitous. Lavender prefers dry weather and well drained soils. Visitors to the dry side of Mt. Olympus in Sequim, Washington can enjoy fields of purple flowers in an area where rainfall averages 16 in/year.

Take an early morning or late evening stroll and stop to smell the roses and the lavender. You might find a great option for your landscape.



As you make plant selections, you can also visit trial websites and see great photos as well as many more details about the plants and the programs:

<http://flowers.tamu.edu/>

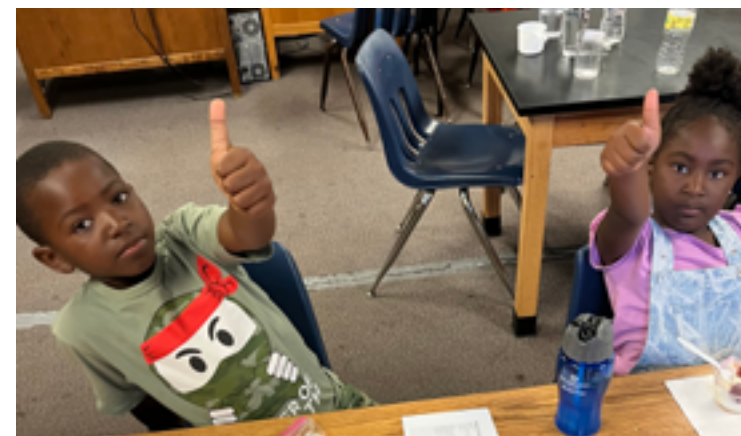
<https://www.dallasplanttrials.org/>

<https://texassuperstar.com/>

<https://aggie-horticulture.tamu.edu/earthkindroses/cultivars/>

EFNEP'S HOT & HEALTHY TIPS (ACTIVITIES) FOR A COOL SUMMER WITH THE GIRL SCOUTS YES! PROGRAM

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



This Summer, EFNEP (Expanded Food & Nutrition Education Program) educators will be partnering with the Girl Scouts Y.E.S.! Program. Y.E.S.! is the acronym for Youth Enjoying Summer.

Y.E.S. also collaborates with other organizations who have requested the Y.E.S. staff to work with their youth, including Boys & Girls Clubs, Park and Recreation Centers, apartment complexes, and churches in the area.

The program objective is to provide character development opportunities for youth in at-risk and underserved areas that address critical issues (drug and alcohol abuse, bullying, peer pressure). Girls and boys from age 5 – 17, who have very restricted and/or limited access to programs of this nature, participate in a series of educational (literacy, math, and science skills) and fun recreational activities. The program is designed to increase the participants' capability in social skills, decision making, leadership, teamwork, respect for others, independent living skills, developing positive values and concern for the community.

EFNEP and Y.E.S. have joined forces this summer with shared goals and common efforts to empower our Tarrant County youth to include a variety of food, especially fruits and vegetables, and physical activity in their daily routine. EFNEP staff will be facilitating classes at nineteen sites throughout the summer.

The Tarrant County EFNEP team invites you to stay cool this summer with the following hot tips.

- Do physical activity for at least 60 minutes each day
- Remember to wash your hands for 20 seconds
- Make half your plate fruits and vegetables
- Try snacking on fruits and/or vegetables
- Be willing to try new foods
- Stay hydrated

Have fun! Thank you!



To learn more about EFNEP and/or request a class please visit: efnep.tamu.edu.



Alaina Woolsey, County Extension Agent,
Family & Community Health

Summertime in Texas might be hot, but it’s never too hot to grill! July is National Grilling Month, so keep reading for some tips and tricks to make this month delicious!



Christa DeStefano, County Extension Agent, Family & Community Health

01 MAKE A PLAN BEFORE YOU GRILL!

Have your grill ready to go before you decide to use it the next time. Identifying the type of grill you have and making sure it is clean and in proper working order will help ensure a successful activity!

02 CHOOSE A SAFE SIGHT FOR GRILLING

Choosing a Safe Site for grilling can prevent unintended consequences. Never grill inside or in an enclosed environment. When choosing a spot outdoors, keep the grill away from buildings, deck railings and even low hanging branches to avoid possible ignition from unintentional flareups.

03 GET TO KNOW YOUR THERMOMETER

Check in the back of the drawer for your thermometer. Is it a dial thermometer, digital or even one with a thermocouple lead? When is the last time you replaced the batteries and more importantly, when is the last time you checked to see if it was reading accurately? All thermometers need to be periodically checked and recalibrated if need be. Given the style of thermometer, do you know how to place it to get an accurate reading?

04 GRILLING FOOD SAFELY

Grilling meat perfectly ends with the use of a properly calibrated and placed thermometer for safety as well as quality and ultimate enjoyment! Insert the thermometer horizontally to the center of the thickest portion of the cut. Target removing the cut from the grill a few degrees lower than the desired end temperature. The temperature will continue to increase as the meat has an opportunity to “rest” and also reabsorb the juices that might be lost if cutting into the meat right after grilling.

05 LET YOUR CREATIVITY FLOW

Meat, poultry, and seafood aren’t the only things that go on a grill. The grill is a great method to cook fruits and vegetables because of how quickly they cook and the unique flavor it incorporates. For added flavor (and nutrition), try grilling corn, asparagus, or your favorite summer vegetables. Whether you grill them whole or as a kabob, it’s just another way to add one more vegetable (or two) to your daily intake.

06 KIDS IN THE KITCHEN

Getting Kids involved in the Kitchen is a great way to bring the family together and learn new skills! Cooking is a great chance to practice math skills, following directions and serves as an opportunity to talk about healthy eating!

GRILLED WATERMELON

Ingredients

- 1 medium watermelon cut in 1/2 in slices
- Olive oil for brushing

Instructions

1. Heat grill.
2. Brush watermelon with olive oil
3. Place on grill cut side down for 4 minutes turning once.



BEATING THE HEAT

Howdy! There is no denying that summer is here in Tarrant County, and chances are, to stay for a while. But increasing temps do not mean we have to decrease our physical activity levels. We simply need to be heat healthy, sun smart and be oh-so-creative with moving! So how do we keep striving for our goal of 150 minutes of physical activity each week when it is 100+ degrees outside? Well...mooove on inside! Outdoor activities can quickly become a health concern when temperatures are soaring. Moving your daily walk indoors to a local mall or the gym at a community center is one way to get your steps in while avoiding the heat. Use the summer months to tackle those projects around the house that have been on your “to-do-but-can’t-find-the-time-to” list. And yes, housework counts as physical activity! Turn off the TV, and turn on your favorite music while you move around inside. Set an hourly reminder on your phone to pause what you are doing, and knock out 10 squats or 25 jumping jacks. When (or if!) it cools off in the evenings, invite friends over for yard games such as cornhole, horseshoes or just throwing a Frisbee. These games all involve muscle movements, and you can add a squat or jumping jack challenge in after each game played. Last and most important...stay hydrated! Till next time...keep moooving!

References: 1) Be Safe in the Sun ([cancer.org](https://www.cancer.org)), 2) How to Stay Active in Warm Weather | American Heart Association 3) Physical Activity | CDC, 4) [Texas4H/healthy_lifestyles](https://www.texas4h.org/healthy_lifestyles)

HOWDY HOW-TO’S

- Stay hydrated with water
- Wear appropriate shoes
- Choose lightweight clothing
- Wear a hat and sunglasses
- Use sunscreen when outdoors
- Seek shade from 10 am - 4 pm
- Stay indoors when temps are high
- Check your surroundings - Safety 1st!
- Use insect repellent as needed
- Schedule time in your day to mooove!
- Be active with others
- Get creative with indoor activities
- Strive for 150 minutes of activity weekly
- Incorporate muscle strengthening



SUMMER ALREADY?

Sanci Hall, Extension Agent, Better Living for Texans



How is it summer already? Didn't we just get the garden planted? We had a great turnout and lots of fun teaching Learn, Grow, Eat, & Go (LGE), our elementary age nutrition and gardening program, at Fire Station Community Center. We taught 21 amazing youth about proper nutrition, gardening, staying active, and trying new foods and new recipes. This amazing curriculum uses all five senses to get the kids to look, see, smell, hear, and taste food! We introduced 10 new foods and 10 new recipes. We even sent the recipes home for their families to try it out. My favorite recipe in this curriculum is Bok-Choy Noodle Crisp. With only 7 ingredients, 4 of which I typically keep in my home, this is a quick and easy recipe to add to anyone's weekly meal plan!

We've had two teacher trainings for LGE and are looking forward to bringing this great program to schools all over Tarrant County in the fall! We cannot wait to see how many kids will be impacted by this curriculum. We also did two teacher trainings on our Color Me Healthy SNAP-Ed program, a Pre-K nutrition curriculum. It has been exciting to see those sixty Pre-K students try new foods, experience new recipes, and sing and dance to songs. Watching their willingness to try new things, energizes me to try new things!

Speaking of trying new things, have you tried jicama (pronounced Hik-uh-muh)? It's pretty new to me. Thankfully, I was introduced to this amazing root vegetable a few months ago. This root vegetable has 32 grams of fiber, 4 grams of protein, fat free, low sodium, and 15-19% of our daily recommended vitamin C. It only has 35 calories in a ½ cup serving! Once you peel this strange brown ball and cut it up, it gives you a refreshing, crunchy snack like a carrot. Adding some lemon or lime juice too makes it even better! Aggie Horticulture has some amazing information on jicama. A few great items include, "Jicamas are suitable for consumption at any stage of growth (size). Look for well-formed tubers that appear fresh and are free of cracks and bruises."

Preparation - Remove the peel including the fibrous flesh directly under the skin. Cut or slice and serve raw or use as a substitute for water chestnuts. Sauté or stir fry -- it stays crisp when cooked. A one-pound jicama yields about three cups chopped or three cups shredded flesh." The flesh is unique as it does not turn brown or discolor like many other white-fleshed produce. Fruits and Veggies More Matters® has a Top Ten Ways to Enjoy Jicama list. Some top ideas include Roast It, Sauté It, Toss it in a Salad, or turn into a Jicama Slaw! (For the full list, check it out here: <https://fruitsandveggies.org/stories/top-10-ways-to-enjoy-jicama/>)

On Dinner Tonight (dinnertonight.tamu.edu), they have

several great recipes for including jicama into your next meal. Some of those include Summer Salad, Fruit Tacos, Fruity Crunchy Chicken Salad, and Chicken Avocado Mango Tacos just to name a few! I am excited to introduce the Red White and Blue Fruit Salad to my family!

I am thrilled as we continue to bring senior nutrition classes to Tarrant County. Our Be Well, Live Well curriculum has been a hit over the spring and summer! Many seniors from Fort Worth, Arlington, and North Richland Hills are getting new recipes and new ways to save money at the store. They can read the food label and have started paying close attention to those added sugars, saturated fat, and sodium levels. This can be a daily struggle to find healthy foods that are low in added sugars, saturated fats, and sodium, but it's important for our health and to prevent illness.

With the rising cost of food, it's more important than ever to know what we are eating and how to keep it safe and fresh. In class, we discuss the differences between fresh, frozen, and canned fruits and vegetables. All these are great options to add nutrients into your daily diet! Food is too expensive to waste. If you find yourself not eating all the fresh fruits and vegetables, try to buy some of it frozen. It's a great option since you can leave frozen fruits and vegetables in the freezer for eight to twelve months. Dr. Jenna Anding, Texas A&M AgriLife Extension Nutrition Specialist said, "Canned and frozen vegetables are nutritious. They are naturally low in fat, unless packaged in butter, cream sauces or with fat-containing foods. And although some canned vegetables also contain salt, low salt products are available." If you're interested in learning more, come out to our next Be Well, Live Well class.



D. Bok-Choy Noodle Crisp

Ingredients

2 medium heads of bok-choy, sliced thinly
1/2 cup of vegetable oil
1/4 cup of vinegar
1/3 cup of sugar
3 tablespoons of low-sodium soy sauce
1 green onion, chopped
3/4 cup (6 ounces) of chow mein noodles

Directions

1. Wash your hands and clean your cooking area.
2. Add the vegetable oil, vinegar, sugar, and soy sauce to the jar and close the lid. Shake it well to combine the ingredients.
3. Wash and chop the bok-choy and green onion. Add them to a large mixing bowl.
4. Breakup the chow mein noodles and add them to the mixing bowl.
5. Drizzle the dressing over the contents of the mixing bowl. Gently toss the salad and serve.

Starting in October, we have another great program starting in Tarrant County, Walk N Talk! Everyone walks once a week together at a designated location while discussing nutrition topics, focusing on fruits & vegetables. I am excited to start this eight-week series. Not only do we get to exercise, meet new people, but we get to try a new fruit or vegetable at each session. We have two locations ready to go for our Tarrant County Seniors. One is at Bear Creek Park in Keller and the second is in Hurst at The Senior Activities Center. See how to register for these programs at the end of this article.

Sign up [here](#) to receive the Better Living for Texan's Tarrant County Monthly Newsletter.

Upcoming Events

Be Well, Live Well Senior Nutrition Series:

Learn how to be:
Independent, Eat Well, Be Able,
Read the Label,
Be Safe, Eat Safe, Be Creative,
Meal Plans, and Be Fit, Move
More.

Wednesdays:

July 6, Aug. 3, Sept. 7,
Oct. 5, and Nov. 2

North Richland Hills Recreation
Center, 6000 Hawk Ave.,
North Richland Hills, TX 76180

Register at:
www.nrhcentre.com

Tuesdays:

Sept. 20 and 27, Oct. 4, 11 and 18

Hurst Senior Activities Center
700 Heritage Circle, Hurst, TX
76053

Register at: hursttx.gov/hsac

Growing and Nourishing Healthy Community Gardens Adult Gardening Series:

Learn how to:
Choose A Garden Location,
Soil and Compost,
Raised Bed and
Container, Maintaining
Your Garden, Diseases
and Insects, and
Harvesting Your Garden.

Mondays:

July 11, 18, and 25
Aug. 1, 8, and 15

Arlington at Destiny's Pointe
Christian Church
2350 E. Mayfield
Arlington, TX 76014

Register at:
[https://forms.gle/
BVf4LHCa98ttktEcA](https://forms.gle/BVf4LHCa98ttktEcA)

Walk N Talk Senior Walk Series:

Once a week, participants walk while discussing nutrition topics, focusing on fruits & vegetables (accessibility, gardening, nutrients, recipes, etc.). This is an eight-week series.

Mondays at 9:30 a.m.:

Oct. 3, 10, 17, 24, 31 and Nov. 7,
21 and 29

Keller Senior Center
Meet at Bear Creek Park
400 Bear Creek Park Rd.,
Keller, TX 76248

Register at:
[https://secure.rec1.com/TX/keller-
tx/catalog](https://secure.rec1.com/TX/keller-tx/catalog)

Mondays at 12:30 p.m.:

Oct. 3, 10, 17, 24, 31 and Nov. 7,
21 and 29

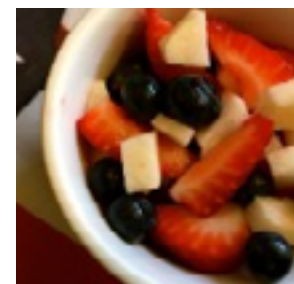
Hurst Senior Activities Center
700 Heritage Circle, Hurst, TX
76053

Register at: hursttx.gov/hsac

Red, White and Blue Fruit Salad

A festive way to celebrate July 4th or Memorial Day

<https://dinnertonight.tamu.edu/recipe/red-white-and-blue-fruit-salad/>



Servings: 4

Units: US Imperial

INGREDIENTS

Dressing

- 3 tablespoons lime juice
- 2 teaspoons honey
- 1 tablespoon fresh mint chopped
- 1 cup strawberries diced
- 1 cup fresh blueberries
- 3/4 cup jicama diced

INSTRUCTIONS

1. Whisk lime juice, honey and fresh mint into a small bowl.
2. Place all fruit in large bowl and pour dressing over fruit. Cover and refrigerate for at least 1 hour and enjoy!