



# MAKING A DIFFERENCE

TARRANT COUNTY

FALL 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 newest Tarrant County  
AgriLife team member,  
Amanda Salinas!



Courtney Davis,  
Tarrant County  
Extension Director



## AMANDA SALINAS

Extension Agent,  
Cooperative Extension Program,  
4-H & Youth Development

Howdy! My name is Amanda Salinas, and I am the new 4-H Extension Agent with Prairie View A&M University Cooperative Extension in Tarrant County. Prior to this position, I worked for Texas A&M AgriLife Extension as the Agriculture & Natural Resources County Extension Agent in Webb County.

I was born and raised in Laredo, down in South Texas, with my parents, two siblings, and several family pets. We've had a ranch for over 40 years, where I grew up learning many of my life skills and interests. I was also a Jr. FFA and 4-H kiddo, which is what also sparked my passion for agriculture and the sciences. I was awarded a scholarship to run cross-country at Texas A&M International University where I graduated with a Bachelor of Science in Biology. I am currently working on completing my Master of Science in Biology with a focus on ecology.

I'm very excited to be part of such a wonderful team! I look forward to getting to know the community, creating new partnerships, and making a positive impact on the youth of Tarrant County!



**is for  
EVERYONE!**



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

It's time to enroll your kids in the best positive youth development program in Texas! The new 4-H year began September 1, 2022, in all 254 counties in Texas. As part of the Texas A&M AgriLife Extension Service, the Texas 4-H Youth Development Program provides inclusive opportunities to youth ages 8-18 in grades 3-12 for personal growth, community service, and fun. Texas 4-H reaches around 500,000 youth per year.

By joining a club in their county, youth have the opportunity to participate in one or many projects, with 43 diverse options to choose from in Agriculture and Livestock, Family and Community Health, Leadership and Citizenship, Natural Resources, and STEM. Youth gain life skills while giving back to their community and making new friends.

Research shows Texas 4-H members excel in comparison to other Texas students. Youth who are involved in 4-H programs are four times more likely to give back to their communities, two times more likely to make healthier lifestyle choices and two times more likely to participate in STEM activities.

"Because there is such a variety of project options, every young person can do something in which they are interested," Texas 4-H Youth Development Program Director Dr. Montza Williams said. "Developing personal interests under the leadership of older teens or adult volunteers generates many learning opportunities and bridges, past and present. Members get to explore interests in a positive environment with the safety net of caring mentors."

In addition to the youth and AgriLife Extension personnel in the program, adult volunteers assist agents with 4-H programming in the county, by providing leadership and education in the various project areas.

"Our volunteer leaders get to share their passions with the 4-H members," Williams said. "Texas 4-H volunteers love what they do and enjoy sharing their interests in particular projects with young people. They also have a desire to see members grow and become the best individual they can be."

To learn more information about 4-H, please contact Kate Marshall at the Tarrant County Extension Office: 817-884-1945 or [kate.marshall@ag.tamu.edu](mailto:kate.marshall@ag.tamu.edu).

# THERE IS MORE TO BEEF THAN JUST THE COW

## Elizabeth Hall, Keller 4-H

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

Texas Brigades is a 5-day and 4-night intensive learning and networking summer program. Application is open for youth ages 13-17 years old. The Texas Brigade's motto is "Education and empowering the next generation of resource managers with the skill and knowledge necessary to successfully manage and promote sustainable beef production."

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Ranch Brigades is one of the nine summer programs. There are herds made up of 1 herd leader, 1 assistant herd leader, and 5-6 cadets. The assistant herd leader was a cadet the year prior. All herd members went through an admissions process such as resumes, references, and essays.

While at camp, I learned about range and forage management, beef nutrition, and beef fabrication. All these topics deal with the process of cattle. Starting with range and forage management, which is how to keep your rangeland green and healthy. Especially because of the bad drought that is ongoing, it is going to be more critical to preserve our grass and rangeland. Also, beef nutrition is important because we must know what type of grass and forage cattle will eat. For example, a cow does not like Purple Threeoat as much as Little Bluestem. Beef fabrication is the type of cut of meat. Our primal cuts are from the forelimb and the hindlimb. Some of the cuts are chuck, round, plate, and rib. We got to apply this skill to cook a flat iron steak. All three of these topics are especially important to resource managers.

At the end of Ranch Brigades, I learned the difference between a native and introduced grass like the native Little Bluestem. I have learned so much and want to come back next year as an assistant herd leader and to inspire other youth to be involved with agriculture.



# THE BRIGADES EXPERIENCE

Chappell Carter



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

Texas' splendor derives from so many special things about our state, one of them being its diverse and pulchritudinous wildlife and lands. The Texas Brigades is a nonprofit organization that promotes and offers programs to educate and promote youth about the conservation and sustainable practices of hunting and ranching. The Brigades holds 9 camps across Texas, including the Coastal, Bass, Waterfowl, North and South Texas Ranch, North and South Texas Buckskin, and the South Texas and Rolling Plains Bobwhite Brigades.

This past June, I attended the Rolling Plains Bobwhite Brigade as a cadet. As I arrived at the ranch, I was greeted by many instructors and fellow cadets, all unfamiliar with each other and eager for the 5 days ahead of us. As I acclimated with all the people in my Bobwhite covey (group) we all gathered for our first activity. We walked down to a pavilion, and then proceeded to dissect both a Bobwhite and a Blue quail. To start, we just learned how to correctly determine age by the primary covert feathers and examined basic external anatomy. But before I knew it, we were dissecting the birds and following the digestive tract and discussing quail reproduction. Mind you, this was just in the first few hours of camp!

Over the next 5 days of camp, from 5:00 A.M. to 11:00 P.M., we learned everything: marching, how to work as a team, dog training, G.P.S., G.I.S., how to be a good T.V. and radio interviewee, prescribed burning,

habitat evaluation, and so much more. Although, one of my favorite things we learned was radio telemetry. Radio telemetry is an extremely useful and important conservation tool that has been used since the 90s. It is great for determining quail movement patterns, which can provide information about death rates, habitat, reproduction, nesting sites, and more. The telemetry process starts when quail are captured and then a radio collar is put around each bird's neck. Each of these collars has its own very high frequency, or VHF, that it emits. These birds are then released, later the researcher can go out into the habitat with a receiver with a 3 element Yagi antenna and go track the birds. The receiver is set to a certain frequency so it can track each quail individually, the researcher walks or drives around with the antenna listening for "beeps" from the receiver. The louder and clearer the beeps, the closer one is to the quail. Once the researcher has either recaptured each bird or thinks they have a good idea of where they are, their location can be plotted and therefore data is collected.



Overall, the Texas Brigades experience has been one of the most influential things that I have done. Not only have I learned so much about conservation, but I have newfound passion and have met some of my best friends through Brigades. In the end, the Texas Brigades is doing its part to fulfill their motto "conserving a resource, preserving a tradition."

# Tarrant County 4-H Fishing Program

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



This past May the Everything 4-H club in Tarrant County incorporated a new project for youth to get outside, learn new skills and have fun. The Everything 4-H fishing program began this past spring with a new volunteer that has a large passion for fishing and working with inner city youth. Steve Gay, a retired teacher in Fort Worth, along with Prairie View A&M 4-H Agent Jordan Peldyak, saw a large interest in Fishing with the current Everything 4-H club and wanted to expand the interest into a new program. Using resources from Fort Worth ISD, Arlington ISD, Fort Worth ISD Family Action Center and 4-H volunteers, we were able to obtain enough fishing poles, tackle, and bait to begin the project. The students all received beginner lessons on knot tying, casting, baiting the line and fish identification from the "Take the Bait," 4-H Curriculum. Each student worked in a classroom setting for multiple sessions practicing casting and tying knots before the end of the year 4-H Fishing trip.

With the help of Arlington ISD and Fort Worth ISD buses were provided to take the students to Greenbrier Park in South Fort Worth for a full day of fishing. The students had a great time learning the new acquired skills with assistance from volunteers and parents that supported the group. Each student got a lesson in trying different baits and understanding patience when it comes to fishing. The trip was successful, and we caught a total of three fish. The students want to begin a year-long fishing program beginning in the fall and we hope to build on the project next school year.



# Get Ready to *Fall into Fall!*

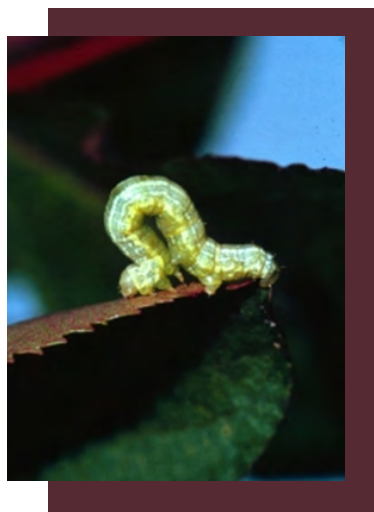
Autumn is a second spring, where every leaf is a flower. - Albert Camus

## Brittnay Meyer, County Extension Agent, Horticulture

Though the weather may not be aware, Fall is here! Time for pumpkins, Halloween, apple cider, and all your favorite fall activities! Now is the perfect time to get your yard and gardens ready for the shorter days and cooler weather.

First, let's talk about the elephant, or worm, in the room. Many Extension offices throughout Texas has received calls and emails about all the green worms taking over trees and stripping them clean of leaves. They have also been known to fall off trees onto unsuspecting individuals' heads or down their collar! These annoying pests are called Cankerworms or Inchworms. Cankerworms belong to the moth family Geometridae and can range in color from light green to brown. Many know them as Inchworms due to the way they walk. This is because instead of having 3-5 sets of feet they only have 2, making them have a looping walk. You may see them "floating" in the air near trees, though it may seem magic is involved, these little worms produce silk from their mouths and use it to lower themselves to the ground.

Though the damage caused by this pest looks frightening, a healthy tree can handle being completely defoliated and recover with no issues. Trees that have been under drought stress like many areas in Texas, should be treated with an insecticide as soon as possible. Two safe options are Bacillus thuringiensis (Bt) and Spinosad. These insecticides are safe for our pollinators and will help to control Cankerworms. Unless you are worried about losing a tree, I suggest you let nature run its course, keep your head up when walking, and enjoy the silly caterpillars swinging around like Spiderman.



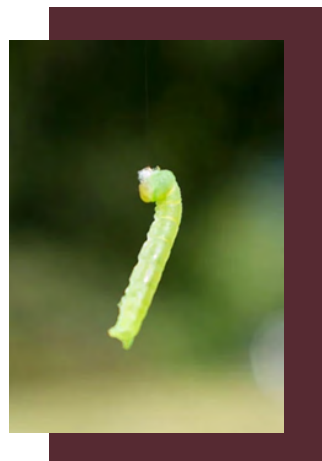
Texas takes a while to cool down, but soon the temperatures will start to drop, as well as the leaves. Your first instinct will be to rake them all up and toss them out with the trash, DON'T! This creates a burden on landfills and more work for you. Here are some great ways to take care of the leaves and recycle this free organic matter. Leaving leaves on the ground also provides a home for beneficial insects to live in during the winter months.

Since we tend to mow all year round in Texas, the easiest solution is to just mow the leaves that fall in the yard. If it won't create a complete layer of leaf litter, just shred them, and leave them to decompose back into the soil. If you have an accumulation of leaves then use them, free mulch! Rake them into flower beds to help keep the soil temperature up when the weather cools and add organic matter into your soil. Leaves are great for improving your soil by improving aeration and drainage in our clay soils and improve water and nutrient holding capacity in sandy soils. This method is also perfect for garden beds!

Another great way to use those fallen leaves is to compost! Luckily with leaf litter creating a compost pile is simple. Rake them into a mound in one area of your yard and let nature do its job or build a bin for a tidier aspect. Once broken down, add to your lawn, flower, and garden beds!

Prepare for cooler temperatures now so you don't have to worry about a sudden drop killing your landscape overnight.

Happy Fall Y'all!



# WHO YOU GONNA CALL?

Laura Miller,  
County Extension Agent, Horticulture

People who don't normally give trees a second thought are calling the Texas A&M AgriLife Extension office and every arborist in town. Just in time for Halloween decorating season, the population of a normally never noticed caterpillar suddenly swelled to epic proportions just in time to decorate all our hack/sugarberry trees in spooky webbing.

An outbreak of caterpillars, especially late in the season on a deciduous tree species, can be unsightly and a

bit of a nuisance. Mature trees have enough stored energy to rebound from complete defoliation. The last big outbreak of these little Sciota spp. Caterpillars in North Texas was in July 2015 and as everyone can see, they did not kill all our Celtis laevigata trees. The official recommendation from Extension and Arborists alike is to enjoy the free tree decorations and check for falling caterpillars before you walk into the house. No further action is required.

Trees do always deserve our attention, even when they aren't covered in web making caterpillars. They are the largest, most valuable components of a landscape. Their care often requires special skills and equipment. It can be too dangerous for the average DIYer. While no one has ever been injured by an improperly pruned Nandina, falling tree limbs are a common source of injuries and even fatalities. Falling limbs, along with the risk of electrical contact and falls from significant heights, make tree work more dangerous than any other landscape work. Safety training, teamwork and personal protective equipment are all essential in tree care. If you are fortunate enough to have large trees in your landscape, you will from time to time need to hire an arborist.

## TIPS FOR HIRING AN ARBORIST

1. Look for a Certified Arborist. The International Society of Arboriculture, [www.isa-arbor.com](http://www.isa-arbor.com), offers some of the most widely recognized certifications due to the scope and history of the organization and its programs. Certified Arborists have passed a standardized exam and agree to adhere to a code of ethics.
2. In addition to checking the list and certified individuals as described above, another great way to start is by asking friends and neighbors whose landscapes you admire for recommendations.
3. Always ask questions about both the business itself and about the practices and products that will be used. Ask to see any required licenses and require proof of insurance. Educate yourself about best practices and remember that you want to pay for expertise in addition to services provided. A good landscape service provider will allow you to have a more beautiful and valuable landscape.

## TIPS FOR BECOMING A CERTIFIED ARBORIST

1. Get professional experience in the field. The ISA Credentialing Council requires a candidate to have a minimum of three years of full-time experience in arboriculture or a combination of education and practical arboricultural experience. One year of full-time experience is equal to approximately 1,795 hours of work.
2. Study and prepare. We can help! Each fall, Texas A&M AgriLife Extension and Texas A&M Forest Service sponsors a short course for people who would like to take the exam. A group of volunteer Certified Arborist teachers, including five of the 1,057 Board Certified Master Arborists in the world, will help you get ready for variety of tree topics that will be included—everything from soils to risk management. If you would like to attend now or next fall, just email me at: [lmiller@ag.tamu.edu](mailto:lmiller@ag.tamu.edu) and let me know.
3. Apply to take the exam [International Society of Arboriculture > Credentials > Apply Now > Apply for Eligibility \(isa-arbor.com\)](http://International Society of Arboriculture > Credentials > Apply Now > Apply for Eligibility (isa-arbor.com))

***If you are ready, we will offer testing here at the Tarrant Plaza Building on Friday, November 18.***



# It's Intern Season at the Tarrant County Extension Office!

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



*"I value that AgriLife does such meaningful work to help better our communities across Texas."*

**Jennifer Adams**  
TCC Dietetic Intern

The air is crisp, the days are shorter, and the leaves are turning beautiful shades of red, yellow, and orange – that can only mean one thing in the Tarrant County Extension Office – it's intern season!

Every year Tarrant County AgriLife Extension is fortunate to host students enrolled in the Dietetics Programs at Texas Christian University (TCU) and Tarrant County College (TCC), and this year is no different. These student interns are future registered dietitian

nutritionists (RDN) and nutrition dietetic technicians, registered (DTR), and must complete a specific number of supervised practice hours in a community nutrition setting before they are eligible to sit for their exams. With the plethora of nutrition education offered by Tarrant County AgriLife Extension through the Expanded Food and Nutrition Education Program (EFNEP) and Tarrant County Extension's Family and Community Health (FCH) department, our county Extension office is as good a place as any for these students to fulfill this requirement.

The Accreditation Council for Education in Nutrition and Dietetics (ACEND) is the accrediting agency for education programs preparing students for careers in the dietetics profession. This agency sets standards, competencies, and skills upon which the dietetic internship programs at TCC and TCU must base their curriculum, to prepare students for their future in dietetics. For the community nutrition rotation, these competencies and skills include everything from assisting in the preparation of and implementing nutrition

education programs, to assessing program quality indicators, to demonstrating leadership skills and cultural competence in interactions with clients and staff.

Tarrant County EFNEP and FCH are excited for the opportunity to work with these student interns for their community nutrition rotation; they are eager to take what they have learned in the classroom and apply it to something they could potentially see themselves doing as a career. During their time with us they have been able to explore and participate in many projects we have going on here in the office. One of the projects the interns have been able to assist with includes recording quick videos with nutrition messages, as well as recipe demonstration videos showcasing healthy tailgating recipes. Students have also had the opportunity to assist with the preparation for EFNEP youth classes by helping to gather recipe ingredients and preparing them for youth participants to taste. Some of the students have even gotten to teach part of an EFNEP youth lesson during the PE class period at a local school.

We spend time with the interns discussing details related to the behind-the-scenes planning and preparation that goes into our nutrition classes and other program details related to things like budget, program recruitment, and the importance of program evaluation. We also discuss with students what they have observed or experienced while actively participating in some of their community nutrition internship projects and activities. We strive to give our student dietetic interns a quality experience here at the Tarrant County AgriLife Extension office, and we are confident that the activities in which they participate not only fulfill the necessary learning competencies set forth by ACEND, but they also make an impact on the students that will stick with them through the remainder of their internship experience, even at other supervised practice sites. Here's to the future of dietetics!

# TAILGATE TONIGHT

Alaina Woolsey, County Extension Agent, Family & Community Health



TEXAS A&M AGRILIFE EXTENSION

## Texas Tailgate

Fire up the grill and talk healthy tailgate recipes with us! We'll be doing recipe demos, healthy eating tips AND cook-alongs that you won't want to miss!

[www.facebook.com/groups/dinnertonightnortheasttexas/](https://www.facebook.com/groups/dinnertonightnortheasttexas/)

A slight dip in the temperatures and the flip of the calendar means one favorite pastime is back: football. Although September is national tailgate month, tailgating is a fan-favorite activity and one that can be perfected into art form.

When creating the perfect tailgate menu, we want to try and hold the line and keep the same principles that we use for healthy eating during the rest of the week.

1. Include veggies in your starting lineup!
  - a. Veggies make a great receiver for some amazing dips, and are an easy way to get some nutrients in.
2. Food safety for the win!
  - a. No one wants food poisoning the day after the game so make sure you:
    - i. Keep your foods covered
    - ii. Cold foods cold, hot foods hot
    - iii. Remember serving utensils!
    - iv. 2-hour rule- Discard any perishables left out at room temperature for more than 2 hours unless you're keeping it hot or cold.
3. Send fried foods to the bench!
  - a. Although they are tasty, fried foods aren't going to help you put points on the board. Opt for items that are baked or grilled rather than fried.
4. Run Pass interference on mayo-based dishes:
  - a. Mayo based foods like dips, and potato or egg salad can be higher in calories and fat. They can also be a source of food poisoning if the 2-hour rule is not followed.
5. Need some winning recipe ideas?? Join our Facebook group! We're firing up the grill, talking tailgating and healthy recipes and can't wait for y'all to join and grill with us!

Our group can be joined here:

[www.facebook.com/groups/dinnertonightnortheasttexas/](https://www.facebook.com/groups/dinnertonightnortheasttexas/)

## QUOTES

TCU Dietetic Interns

*"Working with the students at Morningside Elementary really broadened our visions of what community nutrition actually is. It was eye-opening that the education we were providing in P.E. might be the only formal nutrition education they ever received, making it critical to have our activities engaging."*

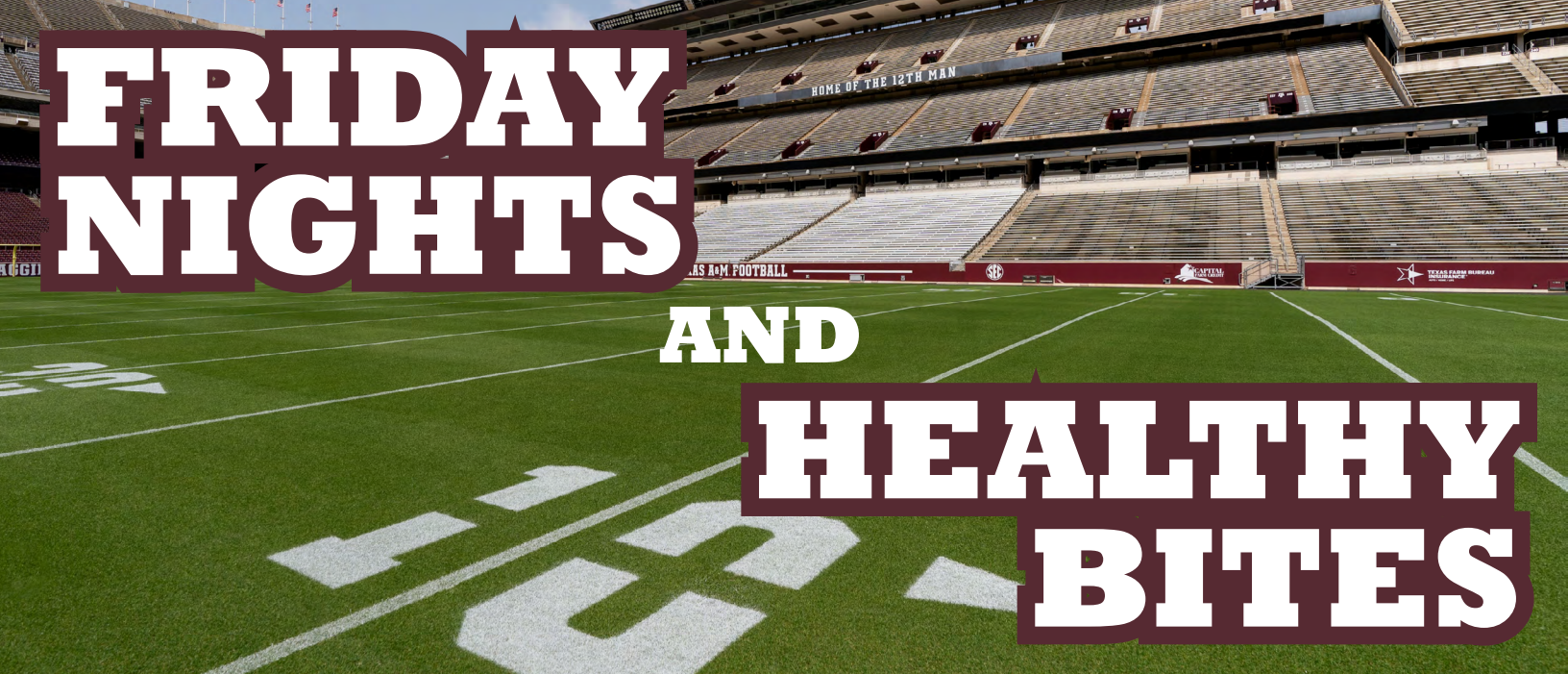


## QUOTES

TCU Dietetic Interns

*"By filming 30-second videos and the cooking demo, this experience encouraged us as nutrition students to be able to explain concepts to someone who may not have the same level of knowledge we do. This skill is transferable to our future practice as we will be working with many different clients and need to explain all types of concepts."*





**Christa DeStefano, County Extension Agent, Family & Community Health**

Howdy! It is football season in Texas! Well...let me correct that. It is Fall sports season in the south! City parks are bustling with weeknight rec league practices and Saturday morning matches. Stadium lights are glowing from afar as sounds from press boxes and high school bands are carried on the crisp, autumn night air. College towns have awoken from their summer slumber and, once again, become the premier post-summer, Fall weekend, getaway destinations. And die-hard fans have pulled numbered jerseys from the backs of their closets to proudly don in support of their favorite team on “Football Sunday.”

Whether you are providing snacks for a youth sporting event, packing school lunches for your student athlete or prepping for a Texas-sized tailgate, there is no doubt that food is a major player when it comes to sports around here. Sporting events and fabulous foods are synonymous in the Lone Star State. Perfectly iced cupcakes and treat bags straight from the latest social media “hacks” await little leaguers on the sidelines after their games while briskets smoked to perfection for hours, with every delectable side dish imaginable, fill tables and tents spanned across parking lots outside the stadium gates of our alma maters. For those of us not on the field, sporting events are THE Fall social scene. But for those in the game...how do we focus on ensuring that our students and athletes, from the tiniest tots on a rec league field to our college-aged emerging adults, are properly nourished before, during and after their events?



Just shy of 850,000 Texas high school students participate in sports according to the National Federation of State High School Associations (NFHS). However, 16.9% of all high school students in our state are obese. To address this issue among Texas youth athletes, Texas A&M AgriLife created Winning With Nutrition, a 4-H Sports Nutrition Program designed to engage youth athletes in learning the importance of proper nutrition and hydration for maximum athletic performance and for general health and well-being. The curriculum targets 7th, 8th and 9th graders but can be adapted for students of varying ages. Topics addressed during the series include: Eating For Excellence, Hydration Station, Game Day Dining, Performance Robbers and Fads & Facts. Please contact me if you are interested in learning more about Winning With Nutrition and sharing this healthy game plan with youth in Tarrant County. Together we can put one in the “WIN” column for all students in our communities!

# GROW Baby GROW

**Sanci Hall, Extension Agent,  
Better Living for Texans**

Tarrant County, be advised, you will be seeing a lot of information for upcoming gardening classes! Over the summer I was able to participate in a Gardening Workshop in College Station by the Junior Master Gardener Team to help Texas A&M AgriLife Extension Agents fight the F.O.G. or the Fear of Gardening! What a great environment to learn new ways to teach our BLT gardening curricula: Growing and Nourishing Healthy Community Gardens, Learn Grow Eat and Go!, and Early Childhood - Learn Grow Eat and Go! It has energized me to bring gardening programs all over Tarrant County and to our schools! Be on the lookout for classes that you can join! We are always looking for volunteers, so if you want to get involved, please contact Tarrant County AgriLife at [Tarrant-Tx@tamu.edu](mailto:Tarrant-Tx@tamu.edu) or 817-884-1945.

Speaking of volunteers, I must brag about two of my AMAZING Volunteers! They are Master Gardener Interns and Master Wellness Volunteers. They have stepped up big time to help with our youth gardening program at O.H. Stowe Elementary with the ASPIRE program. With their help and leadership, the youth at the ASPIRE program were able to build and plant vegetables into three garden beds. With their continued effort, the students in APSIRE will understand where their food is coming from, why it’s important to eat nutritious food, and how to grow their own garden! Thank you, Ray and Jessica for your tireless efforts to support these kids! Also, a huge shout out to The Home Depot - Store #0540 located at 6501 NE Loop 820 in North Richland Hills as they donated the lumber and soil for these three beds. That’s 30 bags of soil! That’s huge!!!

After you garden, you might find yourself asking, now what? What do I do with all these vegetables? Let me help you! Come to some of the upcoming events and we can show you some great recipes. But, until then, try these two amazing recipes.

## Cucumber Salsa

### Ingredients

- 1 Cucumber, chopped
- 1 Avocado, peeled and chopped
- ¼ cup red onion, minced
- 2 Tablespoons cilantro, chopped
- 1 Serrano Chile, seeded and minced
- 1 clove garlic, minced
- 2 Tablespoons lime juice
- 2 Tablespoons water

### Directions

1. Wash your hands and clean your cooking area.
2. Combine cucumber, avocado, onion, cilantro, chile, garlic, lime juice, and water. Add salt to taste.
3. Refrigerate before serving.

### Nutrition Facts

Serving Size 1/4 cup	
Servings Per Container 5	
Amount Per Serving	
Calories 80	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 2%

## Cream of Pumpkin Soup

### Ingredients

- 2 tablespoons chopped onion
- 1 small fresh tomato, chopped
- 1 small carrot, diced
- 1 tablespoon flour
- 3 cups low-sodium chicken broth
- 2 bay leaves
- 1 teaspoon thyme
- 1 15-ounce can 100% pure pumpkin
- black pepper to taste
- 8-ounce can evaporate milk
- 2 tablespoons cornstarch

### Directions

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. In a large skillet, coat with non-stick cooking spray.
4. Add onion, tomato, luncheon meat, and carrot. Cook for several minutes over medium heat.
5. Add flour and mix continuously for about one minute.
6. Add chicken broth, bay leaves, and thyme to skillet. Cover and cook on low for 5 minutes.
7. Remove bay leaves with a slotted spoon.
8. Add pumpkin and pepper to skillet. Mix well until ingredients are combined.
9. In a separate bowl, combine evaporated milk and cornstarch.
10. Add milk mixture to skillet. Cook on medium heat for 5 minutes or until heated throughout.
11. Serve immediately.

### Nutrition Facts

Serving Size 1 1/2 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 6g	
Vitamin A 250%	Vitamin C 10%
Calcium 15%	Iron 10%
Fat 9 • Carbohy	



# BLT Upcoming Events

Sanci Hall, Extension Agent, Better Living for Texans

## ADULT GARDENING SERIES - GROWING AND NOURISHING HEALTHY COMMUNITY GARDENS

**1 pm – 3 pm Wednesdays**

**December 7, January 4, February 1, March 1, April 5, and May 3.**

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

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

[REGISTER](#)

Keller Senior Activities Center  
640 Johnson Rd Building C, Keller, TX 76248

[REGISTER](#)

## ADULT NUTRITION CLASS - GET THE FACTS

**1:30 pm – 2:30 pm, Mondays**

**November 28, December 5, December 12, and December 19**

*This 4-part series will help participants learn how to use the Nutrition Facts label to make healthy food choices when shopping. Special emphasis is given on sodium, fats, added sugars, and portion size.*

Keller Senior Activities Center  
640 Johnson Rd Building C, Keller, TX 76248

[REGISTER](#)

## ADULT NUTRITION CLASS - FRESH START TO A HEALTHIER YOU

**4:00 pm – 5:30 pm, Tuesdays**

**January 10, January 17, January 24, and January 31**

*This 4-part series will help participants create safe and healthier meals, meal planning, and save more at the grocery store.*

Watauga Public Library  
7109 Whitley Road, Watauga, TX 76148

[Call to Register  
817-514-5865](#)

## SENIOR WALK SERIES – WALK N TALK

**9 am - 10 am, Wednesdays**

**March 22, March 29, April 5, April 12, April 19, April 26, May 3, May 10, and May 17**

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

Watauga Active Adult Center  
7901 Indian Springs Rd, Watauga, TX 76148

[Call to Register  
817-514-5828](#)