

TEXAS A&M
AGRILIFE
EXTENSION



PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program

MAKING A DIFFERENCE

TARRANT COUNTY

SPRING 2023



*Karen
Scott*

Administrative Assistant
for Agriculture and
Natural Resources

WELCOME TO THE TEAM

My name is Karen Scott, and I am excited to join Texas A&M AgriLife Extension as the Administrative Assistant for the Agriculture and Natural Resources Department. I am looking forward to working with Jacklyn Jones-Doyle and the rest of the team in Tarrant County.

I have a background in ad design for newspaper print and have worked in several marketing, office and event planning roles through the years.

I have been a Fort Worth resident for most of my life and enjoy reading, spending time with family and friends and shopping for bargains! My husband and I are proud parents of daughters, Paige (Texas A&M, Class of 2018) and Brooke (University of Oklahoma, Class of 2024) and one spoiled dog, Piper. We love sports, especially football and are avid Minnesota Vikings fans.

Life is a journey, and you never know where it might take you. I am excited about starting this new chapter in my career with Texas A&M AgriLife Extension and look forward to meeting new friends and learning and discovering more about agriculture, natural resources, horticulture, 4-H, food and nutrition, family and community health and so much more! Gig 'em and Boomer Sooner!

Hatching In The Classroom



Photo: "First Grade Chicks" at Elkins Elementary, Eagle Mountain-Saginaw ISD.



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

One of the many ways that AgriLife Extension and the 4-H program reach out to youth is through curriculum enrichment opportunities provided to local schools. Kate Marshall, AgriLife Extension 4-H Agent, is the lead for the "Hatching in the Classroom" program. In order to serve a maximum number of schools, she utilizes a "Train the Trainer" approach. Teachers receive curriculum and attend a virtual training on the basics of the 21-day incubation process that it takes for an egg to become a baby chick.

The "Hatching in the Classroom" program in Tarrant County, Texas, was designed to provide hands-on, experiential learning that would engage students and foster their interest in science and biology. It also helps teach students about the life cycle while tracking the development of chicken embryos during the 21-day incubation period. Overall, the hatching in the classroom project can provide a rich learning experience that engages students in science, fosters their curiosity and empathy, and promotes their personal and social development. Many schools in Tarrant County don't have the equipment (or monies to purchase equipment) to carry out a program like this. This is where AgriLife Extension was able to step in and provide classroom kits with everything teachers would need to conduct this program.

Tarrant County 4-H is currently partnering with 24 schools across the county that will reach approximately 2,000 youth with the hatching program this spring.



Image of ribeye during contest

4th Annual Steer Ultrasound Carcass Contest

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

A total of 39 of 46 market show steers participated in the jackpot class at the Tarrant County Junior Livestock Show on March 7, 2023. The steers that participated consisted of various breeds (breed was not used as a measure) including, but not limited to, American Crosses, British Crosses, and European Crosses. To participate, steers first had to go through the show check-in process. This included weigh in and going through the classification process to be sure they were in the correct breed class for the live market show. Two images were utilized for the contest. The second image was taken between the 12th and 13th rib to gain an image of the ribeye, which gave us the rib fat thickness as well as the ribeye size (measured in square inches).

The objective of this contest was to gain a better understanding of feeding cattle. The class will allow the exhibitor to gain a better understanding of how their steer will grade on the carcass rail, by looking at carcass traits such as back fat, intramuscular fat, ribeye area, carcass grade and yield grade. It will also allow the exhibitor to understand that different breeds of cattle will grade/feed better than others.



To participate steers first had to go through the show check-in process.

This is largely based on the individual as well as genetics, which will play an important role in the overall quality of the animal. All of which will help the exhibitor calculate and understand the true market value of the calf he or she is feeding.

Of the 39 steers that participated in the contest one steer graded High Choice, nine steers graded Choice, twenty-four steers graded Low Choice, six steers graded High Select. Response to this program over the last 4 years has begun to explode, participants as well as their parents and advisors are beginning to truly understand the value of this information.

The floor price being offered at the sale was \$1.25 per pound, however with looking at the fats markets from the week before, this price was well below the market average at \$1.63. Upon giving the contest results I advised all the participants to utilize their data to sell their steers for freezer meat to help maximize their revenues and pricing no lower than \$1.50 per pound on live weight. 25 of the 39 steers that went through the contest took the advice and got their steers sold of an average of \$1.65 per pound on live weight. Therefore, when you put a dollar figure on this, these 25 exhibitors were able to sell their steers for an average of approximately \$2,115 per head (total live weight of all 25 steers multiplied by \$1.65 per pound) making their premium approximately \$513 per head above the offered floor price of the show.

Congratulations to all the participants of the contest. We would also like to thank the program sponsors: The Meat Board, Rendon Meats, TCAMM Door & Gate, and Mr. Kevin Christian. Thank you to the Tarrant County Junior Livestock Association for the continued support of the contest.

4-H Volunteer Spotlight: Women's History Month Erica Zimmermann

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

Erika Zimmermann is the Director of Workforce Development at the Boys & Girls Clubs of Greater Tarrant County. Erika strives to embody a servant leader.

Her love for working with youth began during her college years when she worked for the Generation Hope Laptop Program - an afterschool STEM based program that worked with low socio-economic students in local area middle schools. It was here that she connected and began a 13-year partnership with Prairie View A&M University's Tarrant County 4-H program! Through this partnership 4-H was able to provide robotic kits and field trip experiences for these students. For the past 6 years, she has proudly served on the Tarrant 4-H CEP Advisory Committee.

Recently, she transitioned to the Boys & Girls Clubs of Greater Tarrant County where she now serves as the Director of Workforce Development. As the director she is focused on building tomorrow's leaders, innovators, and problem solvers by providing members with career exploration, skill development, and work-based learning opportunities. Erika is a dedicated volunteer that helps in so many ways not just for youth of Tarrant County, but to provide support to so many avenues of 4-H. The connections from Tarrant County College to now the Boys & Girls Club Director has opened up so many doors for underserved students across Tarrant County. We would like to recognize her dedication and celebrate the awesome work Erika continues to provide to the Tarrant County program.



WILDFLOWERS AND SPRING BLOOMS

Wildflowers aren't meant to be cut and tamed. They're meant to be loved and admired.
– Anthony T. Hincks

Brittnay Meyer, County Extension Agent, Horticulture

This time a year, the roadways and pastures come alive with color and sweet smells. Texas wildflowers are a wonder of the world that no matter how many seasons you live through, it is never enough. I am sure every one of us has a baby picture our parents took on the side of the road in the bluebonnets at some point. With over 5,000 species of wildflowers, there is always something to see!

It is widely known that the Bluebonnet is the state flower of Texas, but did you know there are SIX *Lupinus* species that fall under that title? With blue being the most seen, these beautiful flowers also come in pink, white, and of course Aggie maroon. The Texas Lupine has larger, more sharply pointed leaves with up to 50 flowers per stock, than similar Lupines.

Now bluebonnets are well known, but there are many wildflowers that get a back name. Tall Goldenrod is one of those flowers. Commonly mistaken with Ragweed but is pollinated by bees instead of the wind. Goldenrod has bigger blooms that are filled with nectar to attract pollinators.

Pink Evening Primrose, also known as Pink Buttercups, have delicate four petaled flowers. As the name implies, these blooms open in the evening and close early each morning in their northern populations. In Texas, they open in the morning and close in the evening, if that isn't complicated. Though the petals are soft and fragile, this is a drought hardy plant!

One you may not consider a wildflower is our state plant the Prickly Pear cactus. This perennial blooms in a wide shade of colors, from yellow to reds from the Rio Grande Valley up to the Texas Panhandle. The fruits have been used to make jellies, added to adult beverages, and can be roasted to eat whole.

Yellow is a dominant color along Texas highways and pasture lands made up of many different types of daisy or buttercup type flowers. Engelmann's Daisy is a part of that group and one of the most abundant. Standing roughly 2 ft tall, with long stalked, eight-petaled flowers sitting on top. The genus is named for George Engelmann (1809-1884), a botanist that described this genus throughout North America.

Get out and take a drive this weekend on the official North-Central Texas wildflower drive. The drive takes your through the cities of Granbury, Stephenville, Hico, and Comanche. On US 377 through these cities you will see pastures where horses graze in the bluebonnets and Indian paintbrushes. Dinosaur Valley State Park has antelope-horns and Texas skeleton plant amongst the fossilized dinosaur tracks. On State Highway 16, between San Saba and Comanche is the locals' go-to place for wildflowers: Round Top Hill for those great photos opportunities. Enjoy what Texas has to offer!



The Fruits of Your Labor

Laura Miller, County Extension Agent, Horticulture

If you enjoy an apple a day or perhaps a pecan or two, you are the beneficiary of a horticultural procedure that has been in use since at least 1560 BC.

Grafting is the process of joining two pieces of living plant tissue together so that they will unite and grow as one composite plant. Most of the tree fruits and nuts we enjoy eating were produced on these composite plants. Grafting combines a plant with a strong, well-adapted and often disease resistant root system with a plant that has other desirable characteristics.

Grafting is both an art and science. It takes both skill and knowledge. Fortunately, anyone can learn to graft and bud. As with many skills, practice makes us at least good enough if not perfect.

The satisfaction of having something you put together grow and literally bear fruit is priceless.

The April 14, 2023, grafting and budding workshop is \$40, which will include lunch, rootstocks, and lots of exciting scion wood. Participation is limited to 25. Everyone will have the opportunity to try a variety of grafting and budding techniques under the direction of Texas A&M AgriLife Extension specialist Dr. Tim Hartmann, who is on a quest to get more people grafting.

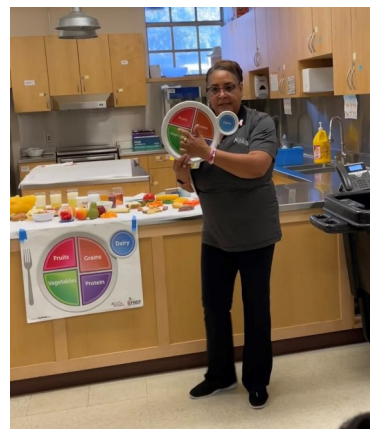
Participants in the 2022 Workshop practice their T-buds, while Dr. Hartmann doles out the scion wood. 100% of the people in this room said that they would recommend this activity to others.



MEET YOUR EFNEP EDUCATORS

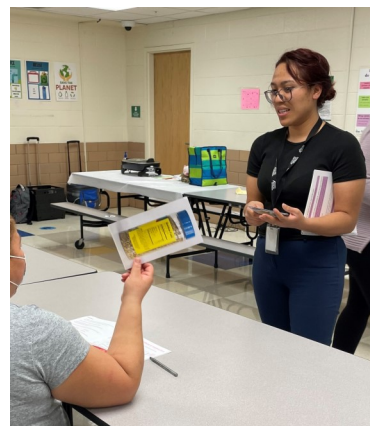
Robin Hall, Extension Agent, Expanded Food & Nutrition Education Program

Since 1969 the Expanded Food and Nutrition Education Program (EFNEP) has provided nutrition education tailored to the needs of limited-resource families to improve their health through better diets and increased physical activity. Through a community-based, relationship-driven, hands-on educational approach, EFNEP has impacted economic, obesity, and food insecurity challenges that hinder the health and well-being of this nation, state, and county. Such strong impacts would not be possible without the dedication and hard work our educators put in day in and day out; they are an integral part of our program – without them, there is no program! Without further ado, it is my pleasure to introduce you to the extraordinary Tarrant County EFNEP nutrition education team!



Dolores Haley

Dolores has been with EFNEP for three and a half years serving our English-speaking adult participants. She has a heart for our audience, making connections and building the type of rapport that keeps her participants coming back lesson after lesson. Dolores truly believes in the messages EFNEP promotes, and most definitely walks the talk. Some of her recent partnerships include: FWISD LIFT Program; The Women's Center in conjunction with Arlington Life Shelter, Union Gospel Mission, and Presbyterian Night Shelter; and Child Care Associates. Most people don't know that Dolores was born and raised on Galveston Island, Texas and is considered a B.O.I. (Born On the Island). She knows how to fish with a cane pole and a rod-n-reel and used to fish off the piers in the Gulf of Mexico, and the Jetties on the East End of the Island!



Yahaira Lozano

Having joined the EFNEP team almost two and a half years ago, Yahaira came in eager to learn and has maintained her positive attitude ever since. She delivers outstanding classes to our Spanish-speaking adult participants who really enjoy learning from her. Yahaira has a passion for nutrition and physical activity and loves to see her participants succeed in making positive changes to improve their health. She has recently partnered with AVANCE; Cherry Hall Servicios; Mercy Clinic of Fort Worth; and the Fort Worth Public Library.

In her free time, Yahaira enjoys shopping for great deals on clothing, furniture, or really, anything she can find; she once found a pair of jeans for \$1! In this day and age, I'm sure this is a hobby that comes in very handy.



Matt Keys

Matt recently celebrated his one-year work anniversary with EFNEP, and boy are we glad he's here. Matt conducts lessons with our youth audiences, and it has been wonderful to see the impression he makes on his students; his program partners are also fond of him, praising him for his "dedication, flexibility, and eagerness to educate our students about healthy eating." Matt has recently partnered with FWISD, more specifically: W.J. Turner Elementary, Atwood McDonald Elementary, Mitchell Boulevard Elementary, Woodway Elementary, and Kirkpatrick Middle School.

Benefits of CHICKPEAS

Alaina Woolsey, County Extension Agent,
Family & Community Health

1

PROTEIN POWERHOUSE

1 cup of chickpeas provides 39 grams of protein- which is more protein than 3 eggs! Protein is the most satiating nutrient- so pile these into some tortillas for your next Taco Tuesday!

2

FANTASTIC FIBER SOURCE

That same 1 cup of chickpeas also has a whopping 35 grams of fiber! Fiber is an amazing nutrient that keeps you full, keeps you regular and supports a healthy blood sugar- among other things. Men want to aim for 30-35g of fiber a day and women need to aim for 20-25g of fiber a day. So just 1 cup of chickpeas and everyone is covered!

3

LESS STRESS = BETTER SLEEP

Chickpeas are also a magnificent source of magnesium! Magnesium is a mineral that is used in over 300 chemical reactions inside our body. Magnesium also supports sleep, stress and our hormonal balance. 1 cup of chickpeas provides over 57% of the recommended daily intake of magnesium, so it is well worth it to include in your diet!

Buffalo Chickpea Wrap

Ingredients

- 1 teaspoon olive oil
- 1/2 cup white onion chopped
- 2 cloves garlic minced (about 1 teaspoon)
- 1/2 cup red bell pepper chopped
- 1 cup low-sodium canned chickpeas drained and rinsed
- 2 tablespoons hot sauce
- 2 tablespoons plain low-fat greek yogurt
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 2 tablespoons green onion tops chopped
- 2 whole wheat tortilla
- 1/4 cup low-fat ricotta cheese
- 1.5 cups of romaine lettuce (about 4-5 leaves)

Serves 4

Recipe from: Dinnertonight.tamu.edu

Instructions

- Add olive oil to a medium-sized sauté pan on medium heat.
- Add onion, garlic, and red bell pepper until softened.
- Drain and rinse can of cooked chickpeas and add to the pan with onion, garlic, and red bell pepper.
- As the chickpeas heat, begin to mash the chickpeas with the back of a wooden spoon or fork. The chickpea mash is a rough mash and does not need to be smooth.
- Add in hot sauce, Greek yogurt, smoked paprika, and ground cumin.
- Sauté and stir until well combined.
- Lay out a large tortilla on a clean surface. Lay washed and dried romaine leaves onto the tortilla.
- Remove the chickpea mixture from the heat and evenly distribute it onto the two tortillas. Top with ricotta cheese and sprinkle with chopped green onions. Fold in the ends of the tortilla and begin to roll the tortilla into a wrap.
- Cut each wrap in half for 4 servings.

THIS OR THAT?

Christa DeStefano, County Extension Agent, Family & Community Health

“STRENGTH”

- Also known as muscular fitness
- Anaerobic exercise that occurs in the absence of oxygen therefore can be carried out for short periods only
- Frequency: 2-3 days per week on nonconsecutive days
- Intensity: 8-12 repetitions for muscular strength; 15-25 repetitions to near fatigue for muscular endurance
- Time: 2-4 sets per exercise: 2-3 minutes recovery between sets
- Types include: weight training, sprints, calisthenics
- Benefits: improves and maintains everyday functional physical activity, balance and mobility; reduces risk for injuries/falls; decreases risk for osteoporosis.

“CARDIO”

- Also known as cardiovascular or cardiorespiratory fitness
- Aerobic exercise that requires oxygen to produce the energy needed to carry out the activity
- Frequency: 3-5 days a week for vigorous-intensity; 5 days for moderate-intensity
- Intensity: based on age, health status, fitness level, exercise tolerance and exercise program goals
- Time: 20 minutes of continuous vigorous-intensity; 30 minutes of moderate-intensity accumulated during the day
- Types include: walking, jogging, swimming, cycling, aerobics
- Benefits: decreases risk for cardiovascular disease, Type 2 diabetes and some cancers; improves brain function.

The Verdict: This AND That! Research has proven that a comprehensive fitness routine combined of cardio and strength training contributes to health and overall quality of life. In addition, both types of fitness aid in proper weight management.

Source: Principles and Labs for Fitness & Wellness (Hoeger, Hoeger, Fawson & Hoeger, 15th ed.)

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CHRISTA DESTEFANO - COUNTY EXTENSION AGENT - FAMILY & COMMUNITY HEALTH



Sanci Hall, Extension Agent, Better Living for Texans

The Better Living for Texans program offers two amazing research-based gardening programs! Growing and Nourishing Healthy Community Gardens (GNHC) is our adult program and Learn Grow Eat and Go! (LGEG) is our youth gardening and nutrition program. Both programs are packed with information to help you learn or improve your garden, but also help you eat healthy.

GNHC was originally designed to help communities build community gardens. Thankfully it also teaches about in-ground, container, and raised bed gardens, which are perfect for back yard or porch gardening. Tarrant County residents typically do not have large acreage to plant and it can be difficult to keep a community garden running without a large, dedicated group. In this six-part series, we will address where to put your garden, soil types, container vs raised beds vs inground beds, how to maintain your garden, disease and insects, and how to harvest and save your seeds. Make sure to attend all 6 lessons as each contains a different topic. We currently have two classes running at North Richland Hills Recreation Center and at Keller Senior Center. Both classes are maxed out and we are working hard to schedule more classes in the surrounding area for the fall.

Our youth program has been a huge success! Last year, 183 students participated in LGEG at Glen Park Elementary and the after-school program at Fire Station Community Center in Fort Worth. We currently have 6 after school programs using this amazing curriculum. That’s over 130 students! These kids are getting a hands-on experience on how to grow their own food and why it’s so important to eat fruits and vegetables. Remember, the USDA recommends that half your plate be fruits and vegetables, per MyPlate. In the “Eat” portion of this curriculum, our youth are tasting and sampling 10 different foods, both in the raw form and in a recipe! Some of these youth might just be the next Gordan Ramsay!

If you’re interested in attending or hosting any of these programs, please let our BLT Extension Agent, Sanci Hall know at sanci.hall@ag.tamu.edu or at 817-884-1297. Follow us on Facebook to be notified of an upcoming teacher training. Most importantly, get out there and garden. Not only does gardening provide nutritious food, but it has so many benefits. Lisa Wimmer, D.N.P is a nurse practitioner in Family Medicine, in Lake City, MN reminds us that gardening helps reduce our stress level, boost social connections, increase your time in nature and outdoors, all while increasing your physical activity level. (<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/dig-into-the-benefits-of-gardening>)

Just remember, as Texas starts to warm up, make sure you’re wearing appropriate clothing and drinking plenty of water...it’s not just the plants that get thirsty.



Participants from our North Richland Hills GNHC class conducting a hands-on soil test.



Youth at WJ Turner Elementary preparing Spinach Quesadillas, our third recipe in our LGEG Curriculum.



Youth at AV Cato Elementary preparing the garden beds.



Youth at Holiday Heights Elementary School ASPIRE program preparing Cinnamon Carrot Crunch, our first recipe in our LGEG curriculum.

Adult and Youth Walking Group - Walk N Talk:

During this 8-week walking series, friends, family, youth and adults from the community come together to support one another in a fun, simple 20 minute walk. Then we will discuss a fruit or vegetable. We are excited to have kids and strollers join us on our walks!

**Follow us on Facebook:
TEXAS A&M AGRILIFE EXTENSION SERVICE - TARRANT COUNTY
FOR MORE UPCOMING PROGRAMS**

Keller Library, 640 Johnson Rd.
Keller, TX 76248
Tuesdays, 11 am - 12:00 pm

- March 21, 2023
- March 28, 2023
- April 4, 2023
- April 11, 2023
- April 18, 2023
- April 25, 2023
- May 2, 2023
- May 9, 2023
- May 16, 2023

Register at the Keller Library
817.743.4800

Watauga Community Center
7901 Indian Springs Rd., Watauga, TX 76148
Wednesdays, 9 am - 10:00 am

- March 22, 2023
- March 29, 2023
- April 5, 2023
- April 12, 2023
- April 19, 2023
- April 26, 2023
- May 3, 2023
- May 10, 2023
- May 17, 2023

Register at
<https://forms.gle/wMRJDLJCXmFVYHHV9>

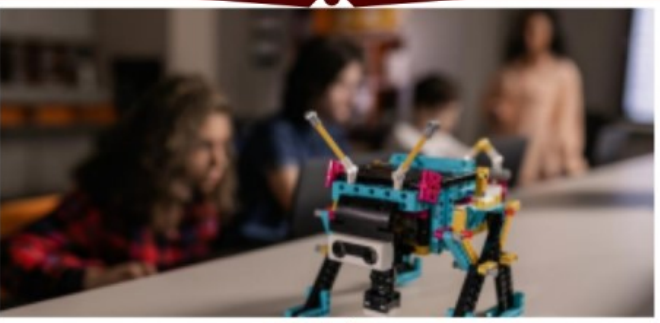
Sanci Hall, Extension Agent, Better Living for Texans

SAVE THE DATE

ROBOTICS TEACHER TRAININGS

LOCATION: TARRANT COUNTY TEXAS A&M AGRILIFE EXTENSION SERVICE OFFICE
200 Taylor Street, Suite 500, Fort Worth, TX 76196

**JULY 12 & 13, 2023 OR JULY 19 & 20, 2023
9:00 AM TO 4:00 PM EACH DAY**



LEARN HOW TO IMPLEMENT ROBOTICS IN YOUR CLASSROOM!

- BUILDING BLOCKS OF ROBOTS CURRICULUM
- LEGO SPIKE PRIME ROBOTICS KITS INTRO

PARTICIPATING SCHOOLS WILL HAVE THE OPPORTUNITY TO CHECK OUT EQUIPMENT ON A 6-WEEK BASIS FOR THEIR CLASSROOMS FREE OF CHARGE.

*\$50 REGISTRATION FEE FOR THE 2-DAY TRAINING. 12 CPE HOURS AVAILABLE.

*TARGET GRADES: 5TH- 8TH. LIMITED TO THE FIRST 25 PARTICIPANTS.

CHECK OUT OUR WEBSITE FOR MORE DETAILS!