

TEXAS A&M
AGRI LIFE
EXTENSION



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

Cooperative Extension Program

MAKING A DIFFERENCE

TARRANT COUNTY

SUMMER 2023

WELCOME

Emily!



EMILY SUMMERS

AGRICULTURE AND NATURAL RESOURCES INTERN

Howdy, I am Emily Summers, a senior Animal Science major at Texas A&M University. I am from Katy, TX, but I am excited to be in Tarrant County as an intern with Jacklyn Jones-Doyle at Texas A&M AgriLife Extension Service.

My background in agriculture began when I was seven years old with riding horses. Once in high school, I started raising and showing sheep for the district, county, and Houston shows. Through raising sheep, I became interested in the education of agriculture as well as ruminant nutrition.

Throughout this summer, as I work alongside Jacklyn, I hope to experience more of what education for our industry looks like. I am looking forward to being involved with the community through programs, livestock validation and roping school.

After graduation in May 2024, I plan to continue my education with a master's in animal science.



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 4-H participated at 4-H Roundup in Bryan/College Station, Texas, June 5-8th. Texas 4-H Roundup, the pinnacle event for all of Texas 4-H, welcomed around 1,300 senior level, or high school age, 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. In addition, the Texas 4-H Youth Development Foundation awarded just under \$2.7 million in scholarships to 227 youth.

4-H is America's largest youth development organization, empowering nearly six million young people with the skills to lead for a lifetime. 4-H is a community of young people across America who are learning leadership, citizenship, and life skills. The mission of Texas 4-H is to provide meaningful opportunities for all youth to have fun, learn, explore, and discover. While participating in 4-H, young people make new friends, develop new skills, become leaders, and form positive attitudes helping them to be capable, responsible, and compassionate members of society. Texas 4-H, as part of the Texas A&M AgriLife Extension Service, also stands to, through the application of science-based knowledge, create high-quality, relevant continuing education that encourages lasting and effective change.

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

Isabella Rodriguez & Sarah Hornick
Talent Showcase (Variety Show), 2nd place

Isabel Garza
Photography Judging

Kinley Grippe
Livestock Skill-a-thon & Livestock Judging

James Story
Livestock Skill-a-thon
Meat Judging & ID
Wildlife Challenge

Reagan Slough
\$10,000 4-H Scholarship Recipient



Statewide 4-H Roping School & Breakaway Camp Celebrates 50 Years

**Jacklyn Jones-Doyle, County Extension Agent and Emily Summers, Summer Intern
Agriculture/Natural Resources**

This year marks the 50th anniversary of the 4-H Calf Roping and Breakaway School held each year in Stephenville, Texas. This event has been developed to encourage young people in 4-H to develop their leadership skills and exercise their abilities in working with younger members in roping activities in 4-H. At the Salute to Excellence Luncheon during the 2023 State 4-H Roundup, the roping school was recognized and awarded a citation for outstanding service to 4-H.

The school is a five-day camp where school-aged students are split into groups based on their skill level. Throughout the week, each group spends time roping the dummy, tying calves, working on horsemanship, and roping calves. This year 41 students from across Texas participated in the school to refine their roping skills. Students learned that good roping begins with good horsemanship. When the horse is in the box, they must be calm, not jolting at their anticipation of the calf.

To work hard means to play hard. Every night there is a jackpot where teams of four can enter to win money. Students learn the importance of working together as a team to rope and tie the calves the fastest to win the money. As part of the 50th-anniversary celebration, alumni returned to participate in the buddy roping contest.

Students heard from several industry professionals throughout the week. These people provided the students with the information necessary as they move forward. For example, the kids learned about the importance of their horse's nutrition and health. They listened as the speaker explained the horse's digestive system and how different types of feeds affect their performance.

We would like to thank the program sponsors:

Ag Texas Farm Credit Services, Bradberry's Best, Bramlett Implement, Chicken Express, CiCi's Pizza, Clark Real Estate Group, Classic Crane & Transport LP, Dublin Livestock, Farm Bureau Insurance, Bill Fick Ford, Lone Star Ag Credit, NRS, Aviles Heating & Air Conditioning, Stephenville Evening Lions Club, Park Your Pony, H4 Construction Inc, Priefert, Texas Bank, Farmers & Merchant Bank, Magin Livestock, Kibby Family, Coleman Livestock Auction, Fambro Construction, Quality Printing, and Bo Jones Construction.

We could not do this without each one of you.

Plans are already underway for next year's camp. To be notified when registration opens, email your information to Jacklyn.jones@aq.tamu.edu.

Thank you to everyone who came; we hope to see you again next year!



"The first week in June is always a great time to come together to celebrate Texas 4-H – our members and volunteers. Texas 4-H Council chose to *Define* as this year's theme, as they thought about what the program meant to them and what it could mean for younger 4-H'ers," Dr. Montza Williams, Texas 4-H & Youth Development Program Director said. "Members have the opportunity to define their goals, achievements, friendships, and memories as they process through every level of the program. We trust the week of competitions and educational opportunities created defining moments for our members as they pushed themselves to be their best and grow by expanding their boundaries."

The 2024 event is planned for June 3 - 6, 2024, in Bryan/College Station, Texas.



New 4-H IT Cloud Program Partnership

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

The 4-H program is always looking to improve and offer relevant programs that will benefit the youth of Tarrant County and Texas. In Tarrant County, we are working on creating more programs that will benefit high school-age students and allow more opportunities for them to be successful once they finish high school. This spring, I had the pleasure of meeting one of our new volunteers in our 4-H clubs, Alex Marques. Alex works as a Microsoft partner in information technology locally in the Dallas-Fort Worth area. During one of our volunteer leader’s meetings, we got into a discussion about new program opportunities. Alex mentioned he would like to lead a 4-H IT Cloud Certification Program partnership with the Tarrant County 4-H program.

This month we had a county-wide interest meeting including a presentation at Polytechnic High School in Fort Worth to promote and start the online-based program throughout the summer. Through this program and through weekly assignments, student volunteers will complete tasks and learn about necessary resources to prepare high school-age students to take the Microsoft Fundamentals Certification exam. As a

part of this course, students will also learn about job readiness skills and how to professionally make a LinkedIn profile which will help them become competitive for future careers. The course is fully online and self-paced. During our biweekly meetings, we will discuss future assignments, study materials and answer questions that will best help the students for the following week. We are excited about this new course and partnership. This course will help many of our high school students receive valuable work-related experience for youth interested in a career in information technology.

We hope the success of this program will continue to provide relevant programs that will benefit the youth of Tarrant County. Next Fall, I would also like to reintroduce the Techno-kids website building class for high school students interested in that program. Each program should continue after the summer if the interest level is there. If you have high school students interested in future IT Cloud programs, contact Jordan Peldyak at Jordan.Peldyak@ag.tamu.edu for more information.



Program Objectives

- 1. Obtain a professional certification.
- 2. Establish professional credibility.
- 3. Realize a competitive advantage.
- 4. Increase future earning potential.

Summer IT Cloud Online Class Dates

- Class #1: June 14th 6:00 PM
- Class #2: June 28th 6:00 PM
- Class #3: July 19th 6:00 PM
- Class #4: August 2nd 6:00 PM
- Class #5: IT Cloud Certification Prep and Exam (TBA)



She breathes in dirt and exhales flowers. – Unknown

Invasive Species: A COSTLY PROBLEM

Brittnay Meyer, County Extension Agent, Horticulture

Invasive species have become a serious and costly problem in Texas, according to Ashley Morgan-Olvera, the guest speaker at the April meeting of the Tarrant County Master Gardeners. Ms. Morgan-Olvera, M.S., is the director of research and education/outreach at the Texas Invasive Species Institute at Sam Houston State University.

According to texasinvasives.org, every Texan should care about invasive species because unless we can reduce or stop their spread, they will continue to require significant dollars to treat, control, and remedy damage to our public resources. Also, if you love the Texas outdoors, recreate in the outdoors, or are in a business that depends on the health of the natural resources of Texas, you should care about invasive species.

What are invasives?

Invasive species include a wide variety of plants, insects, animals, and pathogens, many of them familiar to North Texans. Plants, such as nandina, privet, Tree of Heaven, and Chinese Tallow tree; insects, such as the Red Invasive Fire Ants (found now in 95% of Texas counties), Emerald Ash Borer, and the Asian Longhorned Beetle; and other creatures, such as Asian Jumping Worms, Red Lionfish, and zebra mussels, are invasive and becoming very expensive to prevent, monitor and control.

An invasive species grows/reproduces and spreads rapidly, establishes over large areas, and decreases biodiversity by threatening the survival of native plants and animals. The damage to crops, fisheries, forests, and other resources is extensive, with invasives now costing the U.S. \$137 billion annually.

How do invasives spread?

Often, invasive species are spread by humans who do not realize that these newly introduced plants, animals, and insects are highly destructive. This spread may happen, for example, when gardeners plant garden

ornamentals or buy imported nursery stock. A species may be carried on vehicles, in packing materials and shipping containers, and via human travel. Dumping aquarium exotic fish and unwanted exotics into the water in the wild are other common ways invasive species spread. The spread can also occur when animals and insects are introduced to be used to control other organisms (particularly in agriculture). Other species, such as giant Salvinia and zebra mussels enter lakes and interfere with boating, fishing, and general water recreation. Zebra mussels also can clog water pipes, which can cost millions to replace or repair.

Dirty Dozen Terrestrial Invasive Species (Cross Timbers & Prairies)

These plants have been identified as particularly worrisome terrestrial invasive species in the Cross Timbers and Prairies ecoregion. Click on their scientific names to go to the Invasive Plant Database and learn more.

- [Japanese honeysuckle](#) - *Lonicera japonica*
- [Glossy privet](#) - *Ligustrum lucidum*
- [Chinese privet](#) - *Ligustrum sinense*
- [Giant reed](#) - *Arundo donax*
- [Chinese wisteria](#) - *Wisteria sinensis*
- [Lilac chastetree](#) - *Vitex agnus-castus*
- [Brazilian vervain](#) - *Verbena brasiliensis*
- [Guineagrass](#) - *Urochloa maxima*
- [Common periwinkle](#) - *Vinca minor*
- [Chinaberry tree](#) - *Melia azedarach*
- [Chinese tallow tree](#) - *Triadica sebifera*
- [Johnson grass](#) - *Sorghum halepense*

Early detection is crucial to stop the spread of invasive species and protect native plants and animals from severe damage. Ms. Morgan-Olvera invites Texans to sign up for the iWire to get breaking news about invasives and to learn how to get involved. Go to these websites for more information:

Texasinvasives.org | TSUSinvasives.org | galvbayinvasives.org

- TCMGA Nancy O’Malley

Local Resources

Laura Miller, County Extension Agent, Horticulture

1,500 miles. That’s how far the average piece of fresh produce is estimated to have traveled before it reaches its destination. The average American meal will feature ingredients from at least five countries. While we all benefit from the wide variety of products our worldwide agricultural distribution system provides, we also pay the price in the form of transportation costs and environmental impacts. Buying locally is an environmentally friendly alternative that also provides economic benefits.

As you sit in traffic on I-35 and look around, you might think that Tarrant County has become so urban that the production of agricultural products just isn’t feasible here. And while it is true that local demand far exceeds supply, your neighborhood farmers grow everything from fruits, vegetables, meat, eggs, and dairy products for your table to shrubs, trees, and bedding plants for your landscape and even hay for your horses.

Because of the high cost of land and other inputs in urban areas, urban agriculture must produce high-value crops. Crops that are both high in value and highly perishable make sense in areas where land values are inflated and resources such as water and labor are limited. This favors horticultural crops of all kinds as well as value-added agricultural products such as free-range poultry, local honey, and handmade cheese.

How can you easily connect with those local producers and enjoy products that are “thousands of miles fresher?” The easiest way to get a variety of local foods and to support several local farmers is to shop at a farmers’ market.

There are many kinds of farmers markets. Some businesses that sell produce purchased from a variety of sources have farmers market in their names. Other businesses and real estate developers lease space to independent farmer vendors and other producers of food products. Other farmers markets are run by nonprofit organizations. Community Link runs the Saginaw and Lake Worth Farmers’ Markets. The North Central Texas Farmers Market Association, a farmer-run organization and the oldest farmers’ market in Tarrant County operates the Cowtown Farmers Market.

The Tarrant Area Food Bank partners with the Cowtown Farmers Market and Texas WIC to offer the Farmers Market Nutrition Program which provides \$30 in WIC vouchers for each eligible recipient to use at the market. <https://tafb.org/farmers-market/>.

We are blessed to live in a time when we have access to such a wide range of high-quality agricultural products. We are also fortunate to live in an area where entrepreneurs still get up each day and produce something of value that they can share with all of us. From ageratum to zucchini, we can grow it here.

Tips for Shopping at a Farmers Market

1. Bring a bag, and possibly a cooler.
2. Buy from several different vendors—that is one of the benefits of shopping at a farmers’ market!
3. Be prepared with payment. Most vendors accept cash—bring small bills, and many accept credit cards. The Cowtown, Lake Worth, and Saginaw markers accept the Lone Star (EBT) Card for SNAP-eligible products. Blue Zones Project offers Double Up Food Bucks to Lone Star Card holders at the Cowtown Farmers Market.
4. Be ready to ask questions. Talking to farmers about their products is another benefit of shopping at a market.
5. Be adventurous. Take advantage of whatever looks good and try something new. You’ll be able to experience the pleasures of seasonal produce.



Enjoy the benefits of buying locally and you’ll be contributing to our local economy, conserving energy, and ultimately investing in the future of our piece of the planet.

Tarrant County Farmers Markets

Burleson Farmers Market
Saturday, May-November.
141 W Renfro St., Burleson.
BurlesonFarmersMarket.com

Clearfork Farmers Market
Saturday, year-round.
4801 Edwards Ranch Rd., Fort Worth.
FarmersMarket1848.com

Cowtown Farmers Market
Saturday, year-round, and Wednesday June-September
8901 Clifford Street, Veterans Park in White Settlement.
CowtownMarket.com

Grapevine Farmers & Artisan Market
Saturday, April-September.
325 S Main St., Grapevine.
GrapevineTexasUSA.com/shop-wine-dine/grapevine-farmers-market/

Keller Farmers Market
Saturday, March-October.
400 Bear Creek Parkway, Keller.
KellerFarmersMarket.com

Lake Worth Farmers Market
1st and 3rd Saturday, April-November.
7005 Charbonneau Rd., Lake Worth
LakeWorthMarket.com

Lola’s Local Farmers Market
2nd Sunday, March-December.
2000 W. Berry St., Fort Worth.
Lolasfw.com/Farmers-Market/

Mansfield Farmers Market
Saturday, April-October. Corner of E. Broad & Walnut Creek Dr., Mansfield.
MansfieldTXFarmersMarket.com

Saginaw Farmers Market
2nd and 4th Saturdays, March-November.
752 S. Knowles, Saginaw
SaginawMarket.com

Watauga Artisans Market – Four Seasons Markets
Saturdays, year-round.
7300 Denton Hwy., Watauga
WataugaFarmersMarket

Beat the Heat with This Unexpected Treat

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

The Expanded Food and Nutrition Education Program (EFNEP) strives to help our participants improve their overall diet quality through nutrition education. Participants attend regular classes where they can share their experiences and ideas with others, participate in hands-on activities, explore physical activity, and practice preparing healthy recipes.

During the MyPlate, My Family lesson, participants learn about and discuss how to build healthy plates using the five food groups – Fruits, Vegetables, Grains, Protein, and Dairy. All the food groups are important in ensuring you are consuming a balanced diet and appropriate amounts of nutrients, but there is one food group that we like to emphasize this time of year.

The Texas summer heat has a way of zapping, not only your energy, but your hydration as well. To beat the summer heat, ditch the sugary hydration beverages, fill up your water bottle, and grab a piece of fruit – yes, fruit!

Summer fruits are great for hydration, restoring energy, boosting health, and escaping the heat. The USDA recommends focusing on whole fruits that provide fiber and are naturally sweet. Choose from all varieties of fruits, including fresh, frozen, and canned in 100% fruit juice.

Fruits that are available during the summer are called summer fruits, and have the following characteristics:

- High in vitamins, minerals, and other nutrients
- High in water content
- Light and easy on the stomach
- Full of flavor

Test your knowledge with this summer fruit trivia:

- | |
|----------------------------------------------------------------------------------|
| 1. Which fruit has over 90% water content? |
| 2. Americans eat 3.4 pounds of this fresh fruit per year. |
| 3. There are more than 400 varieties of this fruit in existence. |
| 4. One cup of this fruit contains about 80 calories and 3 grams of fiber. |
| 5. The tree bearing this fruit can produce up to 7,000 of these fruits per year. |



Red, White, and Blue Salad

Ingredients:

- 3 cups watermelon
- 1 cup blueberries
- 2 medium bananas
- 1 cup fat free whipped topping
- Juice of 1 lime

Directions:

1. Wash your hands and clean your cooking area.
2. Wash all fruit.
3. Cut watermelon into cubes, removing seeds.
4. Place watermelon and blueberries in medium bowl.
5. Slice bananas and place in small bowl.
6. Squeeze lime juice over bananas and mix, covering all the banana slices with the juice.
7. Add bananas and whipped topping to the watermelon and blueberries and mix well.

Trivia Answer Key: 1. Watermelon 2. Strawberries 3. Bananas 4. Bananas 5. Cherries



Everything Under the Sunscreen

Alaina Woolsey, County Extension Agent, Family & Community Health

Say it with me “tanned skin is damaged skin.”

As we begin to relish in the heat and long days, we need to keep in mind that protecting our skin is the best way to reduce our risk of getting skin cancer. Sunscreen is an excellent tool we have to reduce our exposure to the sun and its damaging rays. The world of sunscreen can be confusing. There are a lot of terms, a wide SPF range, a lot of different formulations and price points, and how do we even apply it correctly.

Here are three main ways to decode the world of sunscreen and utilize the information to make the best decision to meet your needs:

1. MINERAL VS. CHEMICAL

Mineral sunscreen **reflects** UV rays.

Mineral sunscreen uses ingredients like titanium or zinc oxide to create a physical barrier on your skin that reflects UV light.

This inhibits the rays from even reaching your skin making it the ultimate preventative tool. Mineral sunscreens need to be reapplied around every two hours especially if you’ve been sweating or swimming.

-VS-

Chemical sunscreen **absorbs** UV rays.

Chemical sunscreens minimize sun damage by absorbing UV light and altering their chemical structure.

These sunscreens contain chemicals like oxybenzone, dioxybenzone, homosalate, octisalate, octocrylene, and avobenzone among others. These are more familiar and easily accessible. While they’re more accessible and come in more formulations, chemical sunscreens need to be applied more frequently as they wear off faster.

2. SPF

The level of sunburn protection offered by the sunscreen product is indicated by the SPF value. It’s a common misperception that SPF has to do with how long you spend in the sun. For instance, some individuals think that an SPF 15 sunscreen will allow them to stay in the sun for 15 hours (i.e., 15 times longer) if they typically burn in one hour. This is untrue because SPF is directly connected to solar exposure *quantity rather than time*. *Higher SPF levels are just as effective as lower SPF values in terms of duration. When outdoors, all sunscreens must be reapplied every two hours. High SPF numbers do offer more protection from UV radiation, but only incrementally.*

3. WHEN?

15 minutes before you head outside; all seasons

WHERE?

All exposed skin. Don’t forget your ears, the tops of your feet, your hands or your scalp!

HOW MUCH?

Enough sunscreen to cover all areas of exposed skin. For adults, that’s about 1 ounce, which is roughly 2 tablespoons, or the amount that fits in the palm of your hand.



Christa DeStefano,
County Extension Agent
Family & Community Health

Super is the only way to "sum it up" when 140 of the highest caliber teens from all over Texas gather in AggieLand to investigate, collaborate and navigate all things health! The inaugural Healthy Texas Youth Ambassador Super Summit was held June 4 - 5, 2023 at Reed Arena on the Texas A&M University campus.

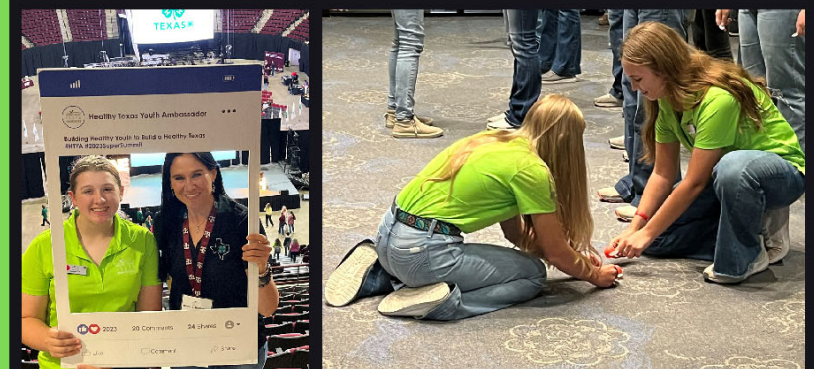
4-H members may apply to become a Healthy Texas Youth Ambassador (HTYA) during the Spring semester of 8th grade. The fidelity of the HTYA program is deeply rooted in its selection criteria and membership requirements.

I was honored to host two brain breaks at the Summit: Working Through the Obstacles: Cardiorespiratory Fitness and Mentally Fit. Both sessions incorporated team-based activities that underlined the relevance of cardiorespiratory fitness for physical and mental health.

In our next issue of Making a Difference, you will get to meet Tarrant County's first-ever HTYAs and get a glimpse of the impact they are making to improve the health of folks in our communities. Be sure to follow the HTYA program and Tarrant County AgriLife Extension on Facebook and Instagram for all the latest news on our super ambassadors!

HEALTHY TEXAS YOUTH
AMBASSADOR SUPER SUMMIT

TEXAS A&M UNIVERSITY - REED ARENA
JUNE 4-5, 2023



Learning to Eat Nutrient-Dense Foods with LEARN, GROW, EAT AND GO!

TARRANT COUNTY BETTER LIVING FOR TEXANS

CLASS Schedule

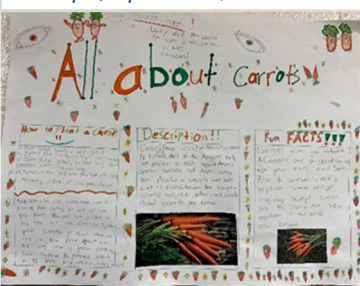
Sanci Hall, Extension Agent, Better Living for Texans



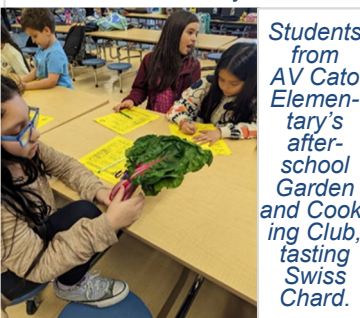
Students from David E. Smith Elementary ASPIRE program portioning out a recipe.



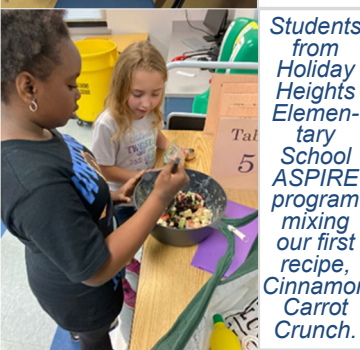
Students from WJ Turner Elementary making our third recipe, Spinach Quesadillas.



Group project from WJ Turner Elementary.



Students from AV Cato Elementary's after-school Garden and Cooking Club, tasting Swiss Chard.



Students from Holiday Heights Elementary ASPIRE program mixing our first recipe, Cinnamon Carrot Crunch.

Sanci Hall, Extension Agent, Better Living for Texans

With area schools being out for summer, I'm taking time to reflect on seven after school-programs that participated in Learn, Grow, Eat and Go! (LGEG). What a great experience for me to visit with the students and teachers and hear their joy and excitement after participating in this 10-week program. They loved trying new foods, learning new recipes, learning about nutrition, and sharing all that information with their friends and families.

Using this amazing curriculum from the Jr. Master Gardeners, our students tried 10 new vegetables or revisited them to see if they liked them. Several large changes in vegetable preference were noted from the pre-survey to the post-survey. Students increased Sugar Snap Peas preference from 18% to 40%, a 22% increase. Students also increased Bok Choy preference from 9% to 30%, a 21% increase. And finally, students increased their Cauliflower preference from 31% to 49%, an 18% increase. For many kids, it's scary to try new foods but they tried these 10 vegetables, and some found new foods to enjoy!

Students also tried these vegetables in 10 recipes, focusing on nutrient-dense vegetables. Of the 191 students, 41% indicated they made at least one of the LGEG recipes at home. During the after-school program, many students learned basic skills to make these recipes, including chopping, washing, measuring, mixing, grating, and using an electric skillet. When asked, "What is the most important thing you learned in LGEG?" a participant responded, "How to make food healthy and to be healthy."

Several nutrition lessons were taught including limiting sodium, added sugars, and saturated fats. One student learned, "That you do not put too much salt in your food and don't eat more sugar." The kids must have been listening since the average number of times a youth drinks sweetened beverages per day decreased from the pre-survey to the post-survey, from 1.6 to 1.5. I am confident that these numbers will continue to decrease as they continue to practice healthy eating and drinking habits.

Food safety is always taught in conjunction with nutrition education. "Wash your hands before you eat!" is what one student considers the most important lesson from LGEG. The surveys also indicate that more students are washing fruits and vegetables at home from a pre-survey of 67% to a post-survey of 75%. Proper knife skills, organization, community, and kitchen safety are also taught as students help prepare the recipes.

The 191 students that participated in LGEG are now on a path to making healthier food choices by choosing nutrient-dense foods, limiting adding sugars, limiting sodium, and limiting saturated fats. Ms. Kaminski, one of the two teachers at AV Cato who taught LGEG, explains, "This is our first year doing the LGEG program; our students love it. We keep having new students wanting to join after hearing about the program from other students. We have one student from class who has health problems; he has been enjoying the healthy foods he is learning about that he can make at home with his mom, and he is excited to eat healthy foods now, which he had not wanted to do before. My students have learned a lot about gardening, giving them a feeling of ownership in our school they did not have before and realizing that even though they are little, they can do things with their parents to have fun outside and live a healthier life."

These students are also sharing what they learned with their friends, families, and community. I am so excited to see what youth we can educate and empower in the upcoming school year.

Adult Nutrition - Healthy Carbohydrates: This 4-part series dives into how carbohydrates work in the body, incorporating them into a simple plate, and finding the right amount to eat.

Hurst Senior Activities Center
700 Heritage Circle
Hurst, TX 76053
1:00 pm – 2:00 pm

- Wednesday, August 2, 2023
- Wednesday, August 9, 2023
- Wednesday, August 16, 2023
- Wednesday, August 23, 2023
- Wednesday, August 30, 2023

Sign up at the Hurst Senior Activities Center at 817-788-7710

Watauga Public Library
7109 Whitley Road
Watauga, TX 76148
4:30 pm - 5:30 pm

- Wednesday, August 2, 2023
- Wednesday, August 9, 2023
- Wednesday, August 16, 2023
- Wednesday, August 23, 2023
- Wednesday, August 30, 2023

Sign up at the Watauga Public Library at 817-514-5865

Saginaw Senior Center
633 W. McLeroy Blvd.
Saginaw, TX 76179
10:30 am – 11:30 am

- Thursday, September 21, 2023
- Thursday, September 28, 2023
- Thursday, October 5, 2023
- Thursday, October 12, 2023

Sign up at the Saginaw Senior Center at 817-230-0459

Adult Gardening Series - Growing and Nourishing Healthy Community Gardens: 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 Centre
6000 Hawk Ave
North Richland Hills, TX 76180
2:00 pm – 3:30 pm

- Wednesday, September 6, 2023
- Wednesday, September 13, 2023
- Wednesday, September 20, 2023
- Wednesday, September 27, 2023
- Wednesday, October 4, 2023
- Wednesday, October 11, 2023

Sign up online at www.nrhcenre.com, Class #18765

Watauga Public Library
7109 Whitley Road
Watauga, TX 76148
4:30 pm - 5:30 pm

- Monday, September 11, 2023
- Monday, September 18, 2023
- Monday, September 25, 2023
- Monday, October 2, 2023
- Monday, October 9, 2023
- Monday, October 16, 2023

Sign up at the Watauga Public Library at 817-514-5865

Adult Nutrition Series - Get the Facts: During this 4-part adult nutrition series, learn to be more confident at the grocery store, learn how nutrients affect your health, and how to read and understand the Nutrition Facts Label.

Fort Worth Public Library
4001 Library Lane
Fort Worth, TX 76109
3:00 pm - 4:00 pm

- Tuesday, September 26, 2023
- Tuesday, October 3, 2023
- Tuesday, October 10, 2023
- Tuesday, October 17, 2023

Sign up at the front desk, 817-392-5860

