

TEXAS A&M
AGRILIFE
EXTENSION



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

Cooperative Extension Program

MAKING A DIFFERENCE

TARRANT COUNTY

FALL 2023

Meet The Newest Additions to Our Team!



**Megan
Lauderdale**
Extension Assistant
EFNEP

Howdy! My name is Megan Lauderdale, and I am so excited to be working with Texas A&M AgriLife Extension Service in Tarrant County! I am the new Extension Assistant for the Expanded Food and Nutrition Education Program (EFNEP) working with youth.

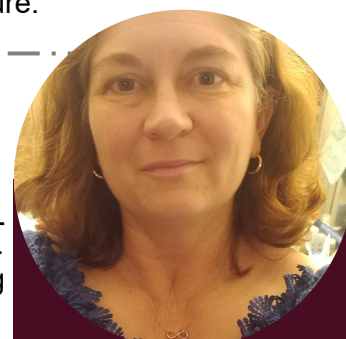
I grew up on a small farm west of Fort Worth, where my family grew most of the vegetables we ate from our garden. I learned a lot about gardening and agriculture from my dad. This led me to pursue a Bachelor of Science in Horticulture and a Minor in International Agricultural Development from Texas A&M University. I have had the opportunity to work with people from all over the world and loved it!

I love all things outdoors, plants, thrifting, cooking, and spending time with family and friends. I love working with students, so I am ready to do more classes with students in this community as they learn how to build a healthy lifestyle and future.

My name is Lisa Saunders, and I am from Arlington, Texas. I have lived in Arlington almost my whole life. I have two wonderful daughters, who are 20 and 15. My daughters are my pride and joy! We have a cat named Skittles.

I graduated from the University of Texas at Arlington in 2008 with a BA in Sociology. I wanted to continue my educational path to get a Masters degree, but I decided to start working in education. I have been a substitute teacher, a teacher's assistant, special education teacher assistant, and a service coordinator. I enjoy working with students and that is why I love working at Texas A&M AgriLife! I was in nutrition classes early on in my college time and always wanted to teach nutrition and wellness classes.

In my down time, I love to watch football, college and NFL, ride my bike, go hiking, and learning about all types of animals with my girls.



Lisa Saunders
Nutrition Education
Assistant, EFNEP

Hi Tarrant County! My name is Melanie Earley, and I am excited to join Texas A&M AgriLife Extension! I coordinate the Eat Well Feel Well project of Tarrant County. I grew up in Central Texas and have been in Arlington for over 20 years now. I have two young adult children.

My past times include spending time with my family, cooking, gardening, and thrifting. I love to decorate, and I'm always looking for a good deal. I also spend a lot of time volunteering for the Arlington Independent School District, and out in my community.

I spent 12 years working in five Title I public schools for Arlington Independent School District and Fort Worth Independent School District. I am really looking forward to seeing education through this new lens and excited to use my project here to create engagement in new communities.



Melanie Earley
Program Assistant
Eat Well Feel Well

Tarrant County Celebrates National 4-H Week:

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

Empowering Youth and Strengthening Communities

Tarrant County AgriLife Extension staff and 4-H Members Adam Raschio, Emma Harvey, and Renee Raschio are pictured with Tarrant County Commissioner, Manny Ramirez, accepting the National 4-H Week proclamation at Commissioners Court on Tuesday, October 3, 2023.

As autumn leaves will start to paint the landscape, communities across Tarrant County are coming together to celebrate National 4-H Week, a time dedicated to recognizing the incredible contributions of young leaders and the vital role of 4-H in shaping the future of our communities.

From **October 1st through October 7th**, Tarrant County residents joined the nationwide celebration of National 4-H Week, highlighting the youth development program that has been empowering young people to become leaders and making a difference for more than a century.

Empowering Youth Through 4-H

The 4-H program, with its roots firmly planted in agricultural education, has evolved into a comprehensive youth development program encompassing a wide array of topics such as STEM (Science, Technology, Engineering, and Math), leadership, citizenship, and healthy living. Tarrant County's 4-H clubs provide young people with hands-on experiences and opportunities to develop important life skills.

"4-H is all about fostering a sense of belonging, independence, mastery, and generosity among young people," said Kate Marshall, Tarrant County 4-H Extension Agent. "Our programs help them become confident and capable leaders who are ready to tackle the challenges of the future."

Get Involved in 4-H

Tarrant County residents who want to get involved in 4-H, whether as a young member or an adult volunteer, can contact the Tarrant County 4-H Extension Office for more information. It's an opportunity to join a community that believes in the potential of young people and is dedicated to helping them grow into confident, capable leaders.

National 4-H Week serves as a reminder that the youth of Tarrant County are the future, and by supporting programs like 4-H, we are investing in the leaders, innovators, and responsible citizens who will shape our community's destiny. As the colors of fall adorn the landscape, Tarrant County celebrates not only the changing seasons but also the promising future of its youth through the invaluable contributions of 4-H.

A Rich History of 4-H In Tarrant County

Tarrant County has a rich history of 4-H involvement, dating back to the early 20th century. Over the years, the program has grown, adapting to the changing needs and interests of local youth. Today, Tarrant County boasts a vibrant 4-H community with clubs spanning various interests, including livestock, robotics, cooking, and more.

Building Stronger Communities Through 4-H

The impact of 4-H goes beyond the individual development of young people; it extends to the entire community. By fostering leadership, responsibility, and a commitment to service, 4-H members are not only preparing themselves for successful futures but also contributing to the betterment of their neighborhoods and towns.

WOMEN IN AGRICULTURE CONFERENCE

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

The inaugural Women in Ag Conference was held September 12th and 13th in the historic Fort Worth Stockyards.

We were delighted to host 40 women from various parts of Texas, as well as participants from Kansas and Alabama, who came together for this two-day gathering to empower women in the agricultural sector by enhancing their problem-solving, record-keeping, and decision-making abilities.

The conference encompassed various subjects tailored to bolster their financial stability, provide management resources, address risk management, navigate legal and liability matters, and facilitate family financial planning and ranch management.

Terry Stuart Forst, the keynote speaker, hails from a rich heritage of ranching, being a 5th generation rancher from Oklahoma. As the general manager of the Stuart 7S Ranch, which boasts the distinction of being Oklahoma's oldest ranch under uninterrupted family ownership, having commemorated its 150th anniversary



Terry Stuart Forst

in 2018. Forst oversees a vast expanse of over 40,000 acres stretching across Oklahoma's southeastern and southwestern regions. Guided by her strong faith, Forst has adeptly navigated the daily trials posed by Oklahoma's unpredictable weather, the ever-shifting markets, and global events while successfully expanding the ranch's operations in collaboration with her sons.



Other speakers that joined us included Carol Faulkenberry with Texas Department of Agriculture; John Tyson with USDA Farm Service Agency; Anne Kimmey, CEO of Cultivate Agency; Jon Taggart with Burgandy Beef; Michael Cook, Viticulture Specialist with Texas A&M AgriLife Extension; Brenda Heymer, Heymer Management Accounting Services; Dede Jones, Program Specialist with Texas A&M AgriLife Extension; Kyle Weldon, Associate Attorney with James D. Bradbury, LLC; Jason Johnson, Associate Professor and Extension Economist with Texas A&M AgriLife Extension; and Kelli Brown, Owner/Operator of RA Brown Ranch.

None of this would have been possible without the unwavering support of the Women in Ag planning committee. A heartfelt thank you goes out to Martha Garrett, Julie Bryant, Stacy Fox, Diane Johnson, Jason Johnson, Sherry Flow, and Jim Bradbury for their dedication and efforts in bringing this event to fruition. We extend our immense gratitude to our event sponsors, namely Lone Star Ag Credit, Heritage Land Bank, Russell Feed Store, Reata Restaurant, and Merck Animal Health, for their generous contributions. Events like these rely on the support of like-minded individuals and organizations, and we are excited to announce we will soon be in the process of planning next year's event. Please stay tuned for further updates.

HISPANIC HERITAGE MONTH AND 4-H

LA CONFIANZA EN SI MISMO CRECE AQUÍ

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



Travis, Octaviano & Yareli, 4-H Ciencias de la Computación

Activities to Celebrate Hispanic Heritage Month

- ➡ Research a Hispanic recipe and make it in your nutrition project.
- ➡ Spotlight several Hispanic artists and showcase their work to the youth.
- ➡ You can invite Hispanic youth and families to share their traditional recipes with the rest of the club.
- ➡ Coordinate a family night and highlight your Hispanic families and Hispanic leaders in your community.
- ➡ Have a dance instructor or Hispanic family member come out and teach your club how to dance to the various Hispanic/Latino music.
- ➡ Encourage youth or create a book club to read books written by Hispanic authors.

Websites:

<https://www.hispanicheritagemonth.gov/>
<https://www.scholastic.com/teachers/articles/teaching-content/month-ideas-celebrating-hispanic-heritage/>
https://blog.feedspot.com/latino_podcasts/
<https://www.amightygirl.com/mighty-girl-picks/top-latino-hispanic-american-mighty-girl-books>

The Mysterious Death of Lawns in 2023

Brittnay Meyer, County Extension Agent, Horticulture



CR: RUBYETC4BUZZFEED

The phones have been ringing off the hook this spring and summer asking, “Why is my lawn dying?” The simple answer I give is DROUGHT, but that is just the root of all the issues going on. It was simply way too hot for plants to do anything more than survive. Even with the temps, this agent was not Thirty, Flirty, and Thriving. Even with a wetter spring it was not enough to prepare our plants for 30+ days of temperatures over 100 degrees.

When our turfgrass is under any kind of stress, other issues take the opportunity to move in and cause chaos. St. Augustine and Bermuda grass have suffered the most from the drought conditions and are some of the most susceptible species to pathogens that commonly affect turfgrass species. The most destructive is Take-All Root Rot caused by *Gaeumannomyces* species of fungus. This fungus survives in the soil, roots, and stolons for extended periods, usually beginning the infiltration during the Fall Season. Sadly, this fungus can colonize both unhealthy and healthy-looking turfgrass lying in wait until conditions are perfect for the strike. Symptoms include blacking of the leaf sheaths and nodes. When you pull up the grass blades, the stolons and roots will easily lift from the soil.

There are many fungicides that can help when symptoms begin (Table 1). Make sure to READ THE LABEL on how to and when to correctly apply the treatment. Spring and Fall are usually the best times to apply these treatments, but again check the label and make sure the fungicide is right for you and your turfgrass species. Not all fungicide can be used on St. Augustine. Cultural practices need to be utilized in conjunction with fungicides treatments such as proper mowing, irrigation, and turf selection. Also, removal of dead and infected plant material will move the treatment process along by not allowing the spores to hide in dead material.

Once the fungus has been eradicated, homeowners can begin to either add sod or grass seed in the bare soil areas. With Bermuda, allow the rhizomes to cover the areas instead of spending money on buying seed or sod. There is no quick fix when it comes to turfgrass but allowing your turfgrass to become established well by limiting water will help ensure its survival during our more harsh Summer months.

TABLE 1. FUNGICIDES LABELED FOR CONTROL OF TAKE-ALL ROOT ROT DISEASE FOR HOMEOWNERS	
COMMON NAME	TRADE NAMES
Azoxystrobin	Maxide Disease Killer / Heritage G
Myclobutanil	Spectracide Immunox Lawn Disease Control / Fertilome F-Stop / Green Light Fung-Away Systemic Lawn Fungicide / Monterey Fungi-Max
Propiconazole	Ferti-Lome Liquid Systemic Fungicide II / Monterey Fungi-Fighter / Bonide Infuse Systemic Disease Control / Bayer Fungus Control for Lawns Ready to Spray
Chlorothalonil	Bonide Fung-onil Lawn and Garden Disease Control
Thiophanate-methyl	Fungo 50 / Fungo Flo / Scott’s Lawn Fungus Control / Southern Ag Thiomyl / Bonide Systemic Disease Control Lawn and Landscape

Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Texas A&M AgriLife Extension Service is implied.

PUTTING PLANTS TO THE TEST



Phenomenal Lavender in Grapevine



Thomas Affleck with RRD Symptoms



Cobalt at TRWD

Laura Miller, County Extension Agent, Horticulture

The summer of 2023 was exceptionally hot and dry. National Weather Service records rank the weather we have endured as the 3rd hottest (the average high temperature in August was 104.2 degrees) and 4th driest. The U.S. Drought Monitor places almost all of Tarrant County in Extreme Drought as we reach mid-September. 2022 was also a dry summer, but by this time last year, we had received enough rain to make most of our county only Abnormally Dry.

Our summers are almost always a challenge for landscape plants, but our winters often don't give them much of a break. Retired Texas A&M AgriLife Extension Horticulture Specialist George Ray McEachern used to put it this way, "There are three freezes that will get ya. The first one, the middle one, and the last one." In 2022, it was the first one, the extremely cold weather we suddenly experienced after a warm early December. In 2021, the middle one, the coldest weather of the year in the usually cold February, was devastating. Who knows what the upcoming winter will bring?

If our weather seems challenging for people, just think about it from a plant perspective. We humans can often seek refuge indoors, but plants must tough it out in all kinds of crazy conditions.

How do you find the toughest plants? Texas A&M AgriLife Extension Agents and Specialists try to help by trialing plants and installing different plant varieties in demonstration gardens. Here are a few of the projects you can visit in Tarrant County:

Roses

Thanks to the support of the City of Grapevine and the Tarrant County Master Gardener Association, we have been trialing roses since 2005 at the Dove Loop Trail-head. The original planting 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.

In June 2016, in a search for genetic resistance to RRD in commercially available cultivars, volunteers installed a replicated trial in a randomized complete block design with 16 cultivars chosen from a list of 55 cultivars that had not been documented as 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. The class of 2017 has lost a few members, including Love, but not from RRD, and in spring of 2023, three new cultivars Ringo Pink, Lemon Zest and Urban Legend from the Oso Easy series were donated by Spring Meadow Nursery and installed. In April of 2023, we had our first positive test for RRD since 2017 with the cultivar Thomas Affleck. What's next? Plans are underway to shuffle the search for RRD resistance once again. Stay tuned. We will be working with Texas A&M Plant Pathologist Dr. Kevin Ong in hopes of finding the best choices for North Texas.

Lavender

Trialing plants with shorter lifespans always goes more quickly, and we will be wrapping up a two-year lavender trial in October 2023. Thirteen cultivars were planted in seven locations around the state including amongst the roses in Grapevine, in May of 2022. The Tarrant County edition included 138 lavender plants, once again in a randomized complete block design. The cultivars included Lavadin hybrids, Spanish lavenders, and French lavenders.

Lavender prefers dry weather and well drained soils. The summer of 2022 was indeed hot and dry until August. All the lavender types survived, and overall survival was 85%, with 118 living plants and six of the 13 cultivars in flower in early December.

When we returned to rate again in April, things had changed. The cold wet weather left us with only the Lavadin types, and a few of those had a bit of Phytophthora crown rot.

As we get ready to wrap things up, there are only 39 living plants representing four cultivars in the trial. It's fair to say that those four are pretty and pretty tough, but 'Phenomenal' and 'Provence' earned the best ratings. 'Phenomenal' grew into very attractive mounds of silver foliage with a few long-stemmed flowers, and 'Provence' combined attractive foliage with lots of flowers.

Turfgrass

The newest Texas A&M AgriLife Extension plant trial in Tarrant is the recently installed (yes, it was hot) turfgrass demonstration at the Tarrant Regional Water District headquarters in Fort Worth. A small part of the large campus rain-scapes, the new turf installations are also part of a statewide effort to look for tough turf. These plantings are in fourteen locations around the state, featuring St. Augustine, Bermuda, Zoysia and either Buffalo or Seashore Paspalum. We are in Buffalo country.

The cultivars we will be watching are the existing 'Palisades' Zoysia, a great release from the Texas A&M AgriLife Research turf breeding program, 'Cobalt' St. Augustine, a brand new release from our program, 'TifTuf' Bermuda from the University of Georgia program and 'Sundancer' Buffalograss from the University of Nebraska.

It will be exciting to see how they handle whatever comes our way.

Arlington Public Library Enjoys Cooking With EFNEP

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



The Expanded Food and Nutrition Education Program (EFNEP) of Tarrant County debuted our Cooking with EFNEP curriculum with the Arlington Public Library over the summer with overwhelmingly positive feedback!

Cooking with EFNEP is one of Texas EFNEP's nutrition education programs that takes the concepts from our eight-session Healthy Bites, Healthy Moves curriculum, and condenses them down to four two-hour sessions. This program is centered around the full preparation of healthy recipes by the participants and focuses on the principles of safe food handling, knife skills, MyPlate nutrition, food resource management, and physical activity. Class size is capped to no more than 20 participants who work in small groups to prepare and sample recipes.

Nutrition Education Assistant Dolores Haley had the pleasure of facilitating the first Cooking with EFNEP group and had nothing but positive things to say about her experience facilitating the classes. She enjoyed interacting with participants, and I think it is safe to say that the feeling was mutual.

Here is what Cooking with EFNEP participants said:

"This was a class full of wonderful important information about nutrition, handling food and preparation of different recipes. Dolores made the class extra special with her delightful personality."

"Getting to cook together with others and take quick and simple recipes really brought back how eating fresh, healthy food doesn't have to be time-consuming or difficult. I feel motivated again to get back to the grocery store and back in my kitchen."

"This class was very helpful and informative. Thank you!"

We appreciate Arlington Public Library for being such great program partners! Since our first meeting to discuss the potential of collaborating, our contact person, Angela Harris, Community Engagement & Programming Librarian, has been quick to respond to questions or concerns that have come up. Once we settled on a date, time, and location, Angela promptly reserved space where the sessions were to be held and created an event on the Program Calendar on the Arlington Public Library website to begin recruiting for the program. Within one week of being posted on the website, over 100 individuals registered for Cooking with EFNEP, and it is our priority to see to it that each one of them has the opportunity to attend the class!

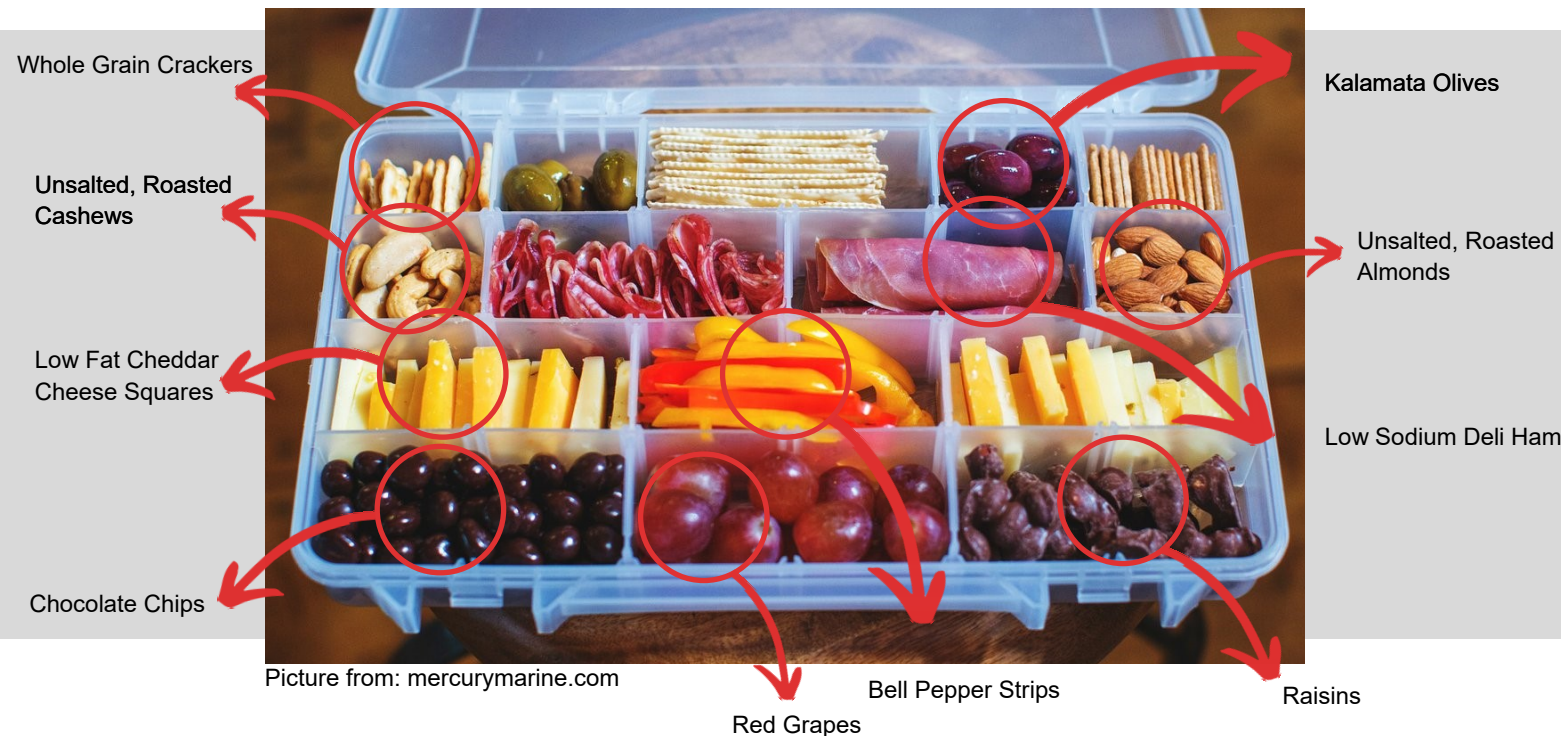
Cooking with EFNEP classes are still being offered in English and in Spanish. Contact the Tarrant County EFNEP office at 817-212-7501 for more information or to get classes scheduled.



A BRIEF ANATOMY of a snackle box

Alania Woolsey, County Extension Agent, Family & Community Health

typically utilizing tackle boxes, the term “Snackle Box” is a play
on the words “snack and tackle” making the phrase,
Snackle.



Snackle boxes provide a great opportunity to flex your creative muscles, combine a variety of fruits, vegetables, nuts, lunch meats, crackers, and dips.

By providing a variety of different dairy foods, fruits, vegetables, proteins and grains in one box you are increasing your opportunity to get a variety of vitamins and minerals in your diet as well as some additional fiber. By combining different flavors and textures with your snacking, you may find something new that you love!

Snackle boxes are completely customizable so you can put whatever you or your family would like in there. These are great for after school, road trips, movie nights, boating, sports tournaments or days when little ones keep asking you for yet another snack. If you're going somewhere, you may need to consider freezing portions of the box, or including a cooler or ice pack to keep things like cheese cold.

Snackle Boxes are great for:

- After school
- Road trips
- Movie nights
- Boating
- Sports tournaments

Get Up & **GET MOVING**



Sanci Hall, Extension Agent, Better Living for Texans

Like many Americans, many of us struggle to get enough physical activity into our daily lives. Following the USDA guidelines for at least 60 minutes of daily activity for kids/teens and 150 minutes weekly for adults is important, but recent studies show we may need even more movement to be our healthiest.

One recent study shows that sedentary lifestyles are a risk factor for all causes of mortality, even when they are a factor for moderate – vigorous physical activity. Globally, inactivity is estimated to cause 9% of premature death worldwide. Locally, 22% of adults in Tarrant County report no leisure-time physical activity. Nationally, its up to 25%! Research shows that a person can reduce their chances of back pain, type 2 diabetes, cardiovascular disease, and cancer by spending less time sitting.

Dr. James Levine, Professor of Medicine at the Mayo Clinic, estimates that Americans spend more than 1/2 our waking hours sitting down. That includes driving, sitting at our desk, watching TV, eating, and many other activities. Katy Bowman, scientist and author of: *Move Your DNA: Restore Your Health Through Natural Movement*, told Reuters: "You cannot offset 10 hours of stillness with one hour of exercise."

As more and more studies look at a sedentary lifestyle, one thing is becoming clear ... we cannot erase the effects of a lifetime of sitting with a few trips to the gym or a few minutes of walking each week. But why? Gavin Bradley, Director of Active Working, (international group aimed at reducing excessive sitting) explains, "Metabolism slows down by 90% after 30 minutes of sitting. The enzymes that move the bad fat from your arteries to your muscles, where it can get burned off, slow down. The muscles in your lower body are turned off. And after two hours, good cholesterol drops 20%. Just getting up for five minutes is going to get things going again."

Standing burns more calories than sitting (186 calories vs. 139 calories) in an hour. That is about 50 more calories burned every hour. If you stand 3 hours per day, 5 days a week, that adds up to 750 calories burned in a week. In a year, that is about 39,000 calories, which is about 9 pounds. All by standing a few hours a day!

References

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4838429/>
- <https://www.startstanding.org/sitting-new-smoking/>
- [https://medlineplus.gov/ency/patientinstructions/000894.htm#:~:text=Being%20More%20Active%20Burns%20More%20Calories&text=Here%20is%20a%20comparison%20of,than%20standing%20\(324%20calories%20vs.,](https://medlineplus.gov/ency/patientinstructions/000894.htm#:~:text=Being%20More%20Active%20Burns%20More%20Calories&text=Here%20is%20a%20comparison%20of,than%20standing%20(324%20calories%20vs.,)
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4519030/>

We need to find ways to integrate physical activity throughout our day rather than just treating physical activity as an extra activity.

Several recommendations include:

- Using a standing desk, or replace your chair with a yoga ball.
- Replacing coffee breaks with a walk break.
- Stand up and walk to the TV to turn the channel.
- Drink more water: Water is healthy and require more frequent bathroom breaks.
- Take the stairs. Even if its just one set of stairs, take the elevator up the rest of the way.
- Wear a tracking device to encourage you to move more and track your daily progress.
- Shop in person vs. online.
- Add music to your day life to encourage you to dance and move to the music.
- Stand up when talking on the phone. Even better, pace back and forth while talking. This will burn even more calories and keep you moving.
- Walk to the bathroom at the other end of the floor or get water at the far water fountain.
- Make social events active by going bowling, throwing darts, or playing pool vs just sitting down to eat and socialize.

After reviewing many studies and research papers, Dr. Levine reports that “chronic diseases and conditions associated with sedentary behavior impact approximately 70% of patients and the majority of U.S. healthcare costs, so the fiscal consequences of a sedentary lifestyle are enormous.” With 35 chronic diseases and conditions associated with a sedentary lifestyle, maybe it is time we forget that our kindergarten teachers told us to “sit down and sit still” and get up and get moving!

Eat Well, Feel Well

Melanie Earley, Program Assistant, Eat Well Feel Well

Eat Well Feel Well is a local initiative that was born from Extension Programming, with funding through the Tarrant County ARPA grant. This project is a four-phase, two-model system of the great programming that Extension already has in place across Texas. Early in 2023, the Eat Well Feel Well Committee accepted applications and selected six campuses to participate for the 2023-2024 school year. These six campuses span across all four precincts of Tarrant County, and they are all Title I schools. With the support of the Tarrant County Master Gardeners, we are implementing the “Learn, Grow, Eat & GO!” junior master gardening program with the students. In conjunction with the junior gardening, we are teaching the parents of these students about gardening on campus with the free series, “Growing & Nourishing Healthy Communities.”

This grant has allowed us to provide teachers with all the materials necessary to teach the 10-week “Learn, Grow, Eat & GO!” curriculum, as well as providing the students each week with exposure to



vegetables through raw tastings and recipe demonstrations. We have also been able to provide each participating classroom with a vegetable garden of their own. The parents who are learning alongside their students are also taking home gardening knowledge and one personal crop (with container and soil) to grow with their child at home.



This year's participants are:

Rankin Elementary
Arlington ISD

George C. Clarke Elementary
Fort Worth ISD

AV Cato Elementary
Castleberry ISD

Sagamore Hill Elementary
Fort Worth ISD

Sycamore Elementary
Crowley ISD

Heritage Elementary
Keller ISD

TEXAS A&M
AGRI LIFE
EXTENSION



Offering these classes in a two-model system like this will strengthen the changed behavior that these classes encourage, and it offers the school a dynamic Family Engagement event. When the gardening classes have concluded, our Expanded Food & Nutrition Education Program (EFNEP) educators will be on campus, teaching students our Healthy Heroes curriculum during the PE classes. At the same time, our EFNEP adult program educators will also come to campus to host the free series, “Healthy Bites, Healthy Moves,” for parents. These programs will focus on what families can do with the crops they grow, how it relates to good nutrition, and how physical activity plays a role in improved wellness.



Stay tuned because this is just the beginning! Next year, we will select new schools to adopt, and we will continue to support this year's participants in taking their Family Engagement even further.



Eat Well, Feel Well

Fall Update!

Melanie Earley, Program Assistant, Eat Well Feel Well

AgriLife Extension of Tarrant County has been ramping up the excitement with regards to our project, Eat Well Feel Well. Over the summer our team hosted over 30 teachers for our annual Learn, Grow, Eat & GO! training. Learn, Grow, Eat & GO! is a 10-week curriculum of the International Youth Gardening Program of Extension that exposes students to vegetables through activity, taste tests and growing. These educators took away all of the necessary materials and handouts required for these lessons with thanks to the ARPA grant of Tarrant County.



Now that they have returned to class to implement this all inclusive program, our Better Living for Texans Agent is on-site teaching parents about vegetable gardening with our Growing and Nourishing Healthy Communities class. This Family Engagement approach to improved health and wellness is certain to make a lasting impression on our community. Our next chapter will involve helping students build their very own community vegetable gardens on their campuses. Follow our journey by subscribing to our monthly newsletter [here](#).

INTERNATIONAL VISITOR LEADERSHIP PROGRAM (IVLP) ENTREPRENUERSHIP AND SMALL BUSINESS DEVELOPMENT SPONSORED BY THE U.S. DEPARTMENT OF STATE

Courtney Davis, County Extension Director

Our office was contacted by the U.S. Department of State and asked to present to their International Visitor Leadership Program exchange for Entrepreneurship and Small Business Development. They asked us to discuss our 4-H program and any hands-on science-based learning, specifically emphasizing our work with youth in agriculture and entrepreneurship.

On September 12, 2023, we hosted 21 international visitors from Haiti and 15 different countries in Africa, along with 4 interpreters.



Commissioner Roy Charles Brooks provided a welcome and an overview of the history and economics of Tarrant County, I provided an overview of the Extension model and the overall work we do in Tarrant County, and our 4-H Agent, Kate Marshall, provided information on our 4-H program and how we educate youth with specific emphasis on our major curriculum enrichment projects (i.e. Hatching in the Classroom and 4-H Robotics). Additionally, we had two of our 4-H youth who presented on how they've turned their rabbit project into their own small business...they were a huge hit! Kate did an amazing job coordinating all of this and we were excited to have such a unique opportunity!