

TEXAS A&M
AGRILIFE
EXTENSION



MAKING A DIFFERENCE

TARRANT COUNTY

SUMMER 2025

Tarrant County Master Gardener Patsy Miller Recognized at State Level for Outstanding Service

The Tarrant County Texas A&M AgriLife Extension Office would like to congratulate our own Patsy Miller for her 2nd place win in the 2024 Texas Master Gardener Association's Search for Excellence Award in the Outstanding Individual Master Gardener category. This prestigious state-level award recognizes excellence in local Master Gardener programs across the state.

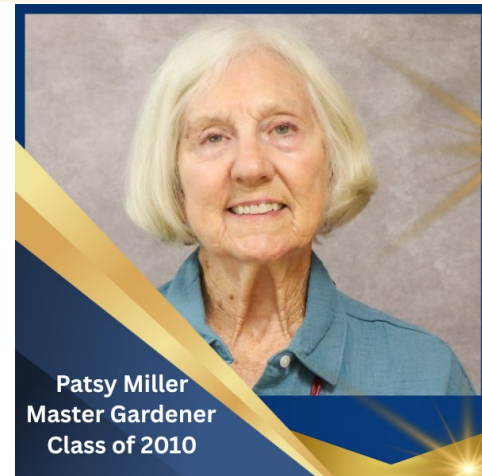
Since becoming a Master Gardener in 2010, she's grown from a dedicated member into the heart and soul of TCMGA. When she stepped up to lead as the President during 2013-2014, she demonstrated passionate leadership, and it was no surprise that her peers recognized her as Master Gardener of the Year in 2014. Patsy's love for teaching and sharing knowledge has touched countless lives in Tarrant County. She shared the Educator of the Year award in 2019 and was awarded the MG Extra Miler in 2021.

Year after year, she's made the Advanced Tree Care class a cornerstone of TCMGA programming. Her expertise in Plant Propagation and as a Citizen Forester doesn't just make her more knowledgeable,

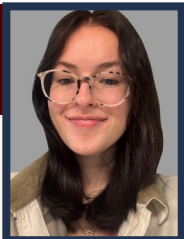
but it makes the TCMGA stronger. Her work coordinating community events behind the scenes keeps the association connected to the people they serve. Whether she is nurturing plants in the greenhouse or nurturing new gardeners through committee work, her generous spirit shines through.

Patsy does not just belong to TCMGA, she helps define what makes them special. This state-level recognition reflects not only her outstanding contributions but also the excellence of the entire organization. We would like to thank Patsy for 15 years of dedication, wisdom, and the countless other ways she makes the gardening community bloom.

We are grateful to call you a friend and colleague!



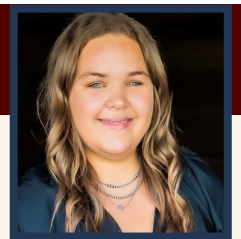
Patsy Miller
Master Gardener
Class of 2010



Sarah LaBlanc

Ag/Natural Resources & 4-H Departments Hosting Summer Interns

Welcome to Team Tarrant! We are excited to introduce Sarah LaBlanc, a junior at Sul Ross University, and Makayla Schweitzer, a graduate of Tarleton State University and a former fall intern. They will assist 4-H Agent Kate Marshall and Ag/ NR Agent Jacklyn Jones-Doyle by participating in hands-on learning activities, including Roping School, Robotics Camp, Livestock Validations, and much more!



Makayla Schweitzer

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

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



State Roundup Participants Kaden Gordillo and Sammie Duncan.

Photo Credit: Kacee Gordillo

4-H members from Tarrant County 4-H participated at Texas 4-H Roundup in Bryan-College Station, Texas, June 2-5, 2025. Texas 4-H Roundup welcomed around 2,000 senior level, or high-school-aged, youth to compete in approximately 50 diverse competitions, educational workshops, career learning opportunities, networking and more 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. Additionally, the Texas 4-H Youth Development Foundation awarded around \$2.7 million in scholarships to 228 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:

- Sammie Duncan – Educational Presentation-Health & Wellness (Qualifying Event)
- Kaden Gordillo - Educational Presentation-Ag & Natural Resources, 9th (Qualifying Event)
- Evelyn Cook – Educational Presentation-Sheep & Goats, 9th (Qualifying Event)
- Elizabeth Hall – Invitational Contest-Vet Science Skillathon, 4th

"It's finally time for Texas 4-H Roundup again and we could not be more excited! Texas 4-H Council chose the theme, Electrify. They want 4-H'er's across the state to electrify their 4-H journey, their story, their passion, their experience... the list goes on," Dr. Montza Williams, Texas 4-H Youth Development Program Director said. "Throughout the week, we hope these youth were charged to take the steps necessary to electrify their 4-H experience in the coming year. Whether in competition, receiving scholarships, or participating in educational workshops and the college and career fair, all youth attendees had something to gain and enjoy at the 2025 Roundup."



The
2026
event
is
planned
for
June
1-4,
2026,
in
Bryan-
College
Station,
Texas.



3rd Annual

WOMEN
in
AGRICULTURE
CONFERENCE

Two days of educational information designed to assist farm & ranch women in problem solving, record keeping and decision-making skills **PLUS** a night of networking & fun in the historic Fort Worth Stockyards.

REGISTRATION IS NOW OPEN!
<https://www.eventbrite.com/e/3rd-annual-women-in-ag-conference-tickets-1273134552719?aff=ebdssbdestsearch>

Hosted by Texas A&M AgriLife Extension Service Tarrant County Agriculture/Natural Resource County Agent, Jacklyn Jones-Doyle.
For more information, visit <http://tarrant-tx-tamu.edu> or Facebook at Tarrant Co-Ag & Natural Resources. To contact Jacklyn, email jacklyn.jones@ag.tamu.edu or call 817-884-1945.

SEPTEMBER 9-10, 2025
SPRINGHILL SUITES - HISTORIC STOCKYARDS
FORT WORTH, TEXAS

Educational programs of Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, natural origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioner Courts of Texas Cooperating. Individuals with disabilities who require an auxiliary aid service, or an accommodation in order to participate in this event are encouraged to contact Texas A&M AgriLife Extension Service office listed above.

Mark
your
Calendar

BOOK NOW

Scan here to reserve your hotel accommodations now! Special group pricing good only through July 28.

TEXAS A&M
AGRI LIFE
EXTENSION



EAGLE RIDGE ELEMENTARY SCHOOL CAREER AND STREAM TRAILER DAY

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

ivers or streams that are created. We also use toy houses and animals to place them in the trailer to show in real time how home foundations and the lack of best management practices affect building developments and waterways.

One of the biggest issues facing the State of Texas today is insufficient water supply. The growing population and the lack of enough fresh water is going to be at the forefront for many years to come. The stream trailer is a fun way to show students the impacts of water on the citizens of Texas and how they can be a driving force to help the next generation. I recently partnered with Tarrant Regional Water District to provide the stream trailer education program to over 100 students in five different classes at Eagle Ridge Elementary School in Fort Worth. This was part of the Eagle Ridge Elementary School's end of the year career day.

Students and teachers alike mentioned it was the best educational day of the year and that they learned so much about the importance of water and streams in our communities. The stream trailer is a partnership program we have had with Tarrant Regional Water District for over 7 years. I hope to serve many more events in the Tarrant County area, in the future.

The stream trailer is an educational tool used to teach youth about watersheds, river systems, erosion and the importance of vegetation within our streams and rivers. The trailer is an open bed trailer that is filled with sand blasting media that represents soil and sediment within a river system. The sand blasting media is used because it is a cohesive substance that can be shaped and molded easily to build different streams, rivers and reservoirs with water in the trailer.

The stream trailer is a visual educational unit for students to see in real time what it looks like when streams and rivers are lacking vegetation and causing erosion and deposition to occur in our rivers, lakes and streams. This can eventually cause water and habitat loss over time in our rivers, streams, and reservoirs. The trailer has water reservoirs that can be filled using pumps. These pumps can be turned on to create flowing water that runs through various

To reserve the stream trailer for your next event please visit this website:
<https://www.trwd.com/trailer/>



NOT JUST THE MONARCHS

Jay Caddel, County Extension Agent, Home Horticulture



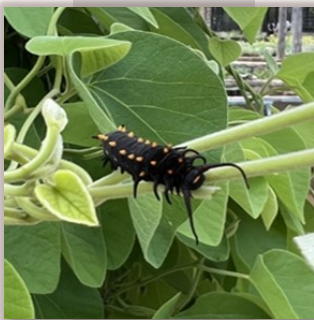
I get asked the question, “How do I attract pollinators?” The answer is quite simple: think like a pollinator. There are certain requirements that pollinators need to flourish. They need food, water, and nesting sites.

Food is complicated. You must provide food for the adult pollinators, but have you thought about their offspring? Are you okay with the fact that their larvae might decimate your garden? Then you must think about the types of food larvae eat. We all know that milkweed is the larval host for the Monarchs, but what about other butterflies? What does the Pipevine Swallowtail larvae eat? What about the Colorado Hairstreak, or the Clouded Sulphur? Getting to know your pollinators is a great way to start building a garden in which pollinators want to visit.

There are other pollinators beside butterflies. Bees and hummingbirds are also popular visitors to the garden. There are many types of Native bees in Texas: Bumblebees, Carpenter Bees, Leaf-Cutting Bees, and Mason Bees, to name a few. They need food as well. Planting for blooms all season will keep them fed well into the fall. There are 19 types of hummingbird native to Texas. Knowing their habits can bring them to your landscape. Hummingbirds already know which flowers provide nectar and which don't. Native plants to your area are preferred and are better for your ecosystem. Native plants will also attract other insects on which the hummingbirds feed. Planting varieties such as Coral Honeysuckle (*Lonicera sempervirens*), Bee Balm (*Monarda citriodora*), Sages (*Salvia spp.*), Cardinal Flower (*Lobelia cardinalis*) and Turk's Cap (*Malvaviscus arboreus var. drummondii*) will be beneficial.

Water is vital for everything, and insects are no different. The catch: they like mud or dirty water. Some water with algae, mud, or other debris is preferred. Make sure to dump the water every few days or use mosquito dunks to keep the mosquito population down while not harming the pollinators. Having a place for pollinators to nest is also important. Most native bees are solitary, and do not report to a queen. Mother bees build their own nests to lay eggs. Having a bee house in your yard will allow the mother bees to live and procreate next to their food supply. If you are growing vegetables in your garden, you have the added benefit of inviting more pollinators to your garden, resulting in better yields.

Attracting pollinators to your garden benefits the garden and the pollinator. Planting for specific pollinators is a great way to start, but your new garden guests will need other amenities as well: water and nesting areas are equally important to attracting pollinators to your garden. Planting for season-long food sources will attract bees, butterflies, and hummingbirds all season long.



ALL THINGS IN MODERATION AMID TEXAS WEATHER

Laura Miller, County Extension Agent, Commercial Horticulture



North Texas summers are almost always challenging for landscapes. 2025 is not proving to be an exception. A cool, dry

large as a 5000 gallon stainless steel tank. The other option is slowing down water that would otherwise run off your property by constructing a raingarden or bioswale, which allows water to collect and infiltrate.

Another simple way to keep water in your soil moisture reservoir is to avoid bare ground by applying mulch.

Mow

It can be hard to keep up with the Zoysias, the Bermudas, and the St. Augustines when conditions are favorable for plant growth. Strive to remove no more than 1/3 of the blade length with each mowing. If that means raising the mower, raise it.

Get Help

Mulching, mowing, irrigation system tune-ups, and rain-water catchment are all great do-it-yourself projects, but busy people often benefit from hiring a professional. Since 2016, over 150 landscape service providers with a desire to establish and maintain environmentally sustainable landscapes have completed the Water Efficient Recognized Green Professionals (aka Green Pros) program. Originally a partnership between Texas A&M AgriLife Extension Tarrant County and the Tarrant Regional Water District, the team expanded to include Texas A&M AgriLife Extension Denton County and the Upper Trinity Regional Water District. Green Pros learn about plant selection, landscape design, irrigation technology, and ways to manage stormwater with plants instead of pavement, or perhaps with permeable pavement. You can find a directory of Green Professionals here: <https://savetarrantwater.com/green-professionals/green-pros-directory/>

And of course, if you are a landscape professional who wants to become a Water Efficient Recognized Green Professional, we'd love to have you join us in January of 2026!

For more information or questions, please email me anytime at lmiller@aq.tamu.edu.

March gave way to thunder, lightning, and enough rain to get us completely out of those rare spring drought conditions. How can we help our valuable green infrastructure get through this unpredictable weather?

System Down

It's a great time to give your irrigation system a rest. Too much irrigation water is hard for plants to handle, an unnecessary expense, and it means that water is not available for other uses. If you aren't already a subscriber, go to <https://waterisawesome.com/weekly-watering-advice/> and sign up for weekly updates based upon rainfall and evapotranspiration at your address.

Annual Checkup

It's never a bad time for an annual irrigation system checkup, but it's more fun in warm weather. Run a short cycle for each zone and make sure that all sprinkler heads and/or emitters are working properly and that they are adjusted to put water where it is needed and not on driveways, sidewalks and roads.

Save From a Rainy Day

Think about how to capture some of that high quality water that's falling from the sky and store it for the day (and that day will no doubt come, probably by July) when rainfall won't be in the forecast but plants will be growing full speed ahead.

There are two main ways to store rainwater in a landscape. One is by catching it as it comes off a roof and storing it in a container. That container can be as small and simple as a five-gallon bucket with a lid, or as

TARRANT COUNTY EFNEP GETS A SUMMER INTERN — YAY!

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



Abdallah Alsmadi

Meet our newest Dietetic Student Intern Abdallah Alsmadi!

It's been a while since we've had the opportunity to host a summer intern, so we're thrilled to welcome him to the team.

Although Abdallah's time with us will be brief, our hope is that he gains valuable insight into our programs and makes the most of his experience here. Keep reading to learn more about Abdallah and discover what he's already learned about our work, it just might serve as a great reminder of the meaningful impact EFNEP and AgriLife Extension make in the lives of Texans!

My name is Abdallah Alsmadi, and I'm currently a student at Tarrant County College, pursuing a credential as a Dietetic Technician. I also hold a bachelor's degree in nutrition and food technology from the Jordan University of Science and Technology in my home country of Jordan.

As someone deeply passionate about public health and nutrition education, I'm proud to be interning with the Texas A&M AgriLife Extension Service, where I've been introduced to programs that make a real difference in communities across Texas.

One of the most impactful programs I've learned about is the Expanded Food and Nutrition Education Program (EFNEP). EFNEP provides free, hands-on nutrition education to families with limited resources. Classes are delivered in familiar community settings, like schools, faith centers, and housing developments, and focus on essential life skills, including how to plan nutritious meals, shop on a budget, practice food safety, and make healthier choices overall.

I appreciate the way EFNEP meets people where they are, both physically and culturally. I have had the opportunity to spend time with Tarrant County EFNEP nutrition educators and have observed that they lead classes in a supportive, relatable way that builds trust and confidence.

Participants don't just learn, they apply what they learn. Through some research done before beginning my rotation, and after reviewing some of Tarrant County EFNEP's outcomes, I learned that most adults report eating more fruits and vegetables, reducing sugary drinks and processed snacks, managing their food budgets more effectively, and adopting safer food handling habits. Many also increase their physical activity, often by incorporating simple routines like walking, stretching, or family games.

But EFNEP is just one part of what AgriLife Extension offers. As I've begun my journey here, I've been introduced to several other departments, each focused on improving different aspects of life in Texas communities. Together, these departments form a powerful network of outreach and education. Each one plays a role in creating healthier, stronger, and more informed communities throughout Tarrant County and across Texas.

I'm honored to begin my experience with AgriLife, and I look forward to learning and contributing through this meaningful work. Whether it's through EFNEP or another department, AgriLife Extension is doing exactly what its name promises, extending knowledge and improving lives.

Summer FOOD SAFETY

Alaina Woolsey, County Extension Agent, Family & Community Health

Now that summer is back we also begin to see a rise in foodborne illness, and food poisoning is one thing that salt water can't fix! Make sure you don't get caught in the Norovirus waves by following these easy and simple food safety tips!

Best practice is to follow the four basic food safety principles: clean, separate, cook, and chill.



- **Clean** your hands, surfaces, utensils, and produce before eating, cutting, or cooking.
- **Separate** plates for raw and cooked meat and ready-to-eat foods.
- **Cook** food to the proper temperature. Chicken needs to be cooked to 165 F, and meat, like a burger, needs to be cooked until it's 160 F.
- **Chill** raw and prepared foods promptly!



Repeat after me "over two, no good for you!". If food has been left out at room temperature for over two (2) hours, or one (1) hour if over 90 F it needs to be tossed. If under two hours, refrigerate the food.

Bacteria multiply very quickly, and you don't want to be on the 'finding it out' end of food poisoning.



Approximately 1 in 6 Americans get sick with food poisoning each year- don't let it be you or one of your family members.

Sticking to these basic food safety techniques will make sure your summer is enjoyable.

Exercise ~~Medical~~

Prescription Form

Christa DeStefano, County Extension Agent, Family & Community Health



"Your personalized roadmap to better health starts here." An exercise prescription form isn't just a set of instructions - it's a tailored wellness plan, crafted to align fitness goals with personal needs and medical background.

R_x

Patient Information

Patient name : *You! Yes, you!*

Patient address : *Tarrant County, Texas*

Directions:

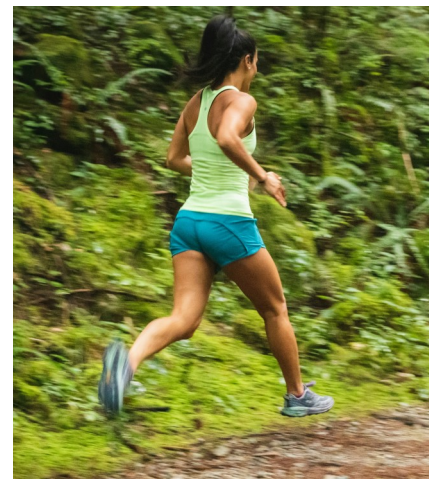
Frequency: 3-5 days per week (*depending on intensity)

Intensity: Moderate to vigorous (*will vary according to fitness level)

Time: 25-30 minutes per day (*depending on intensity and fitness level)

Type: Combination of cardio, strength, balance and flexibility activities

Optimal Dosage: 150-300 minutes of moderate intensity activity per week
75-150 minutes of vigorous intensity activity per week

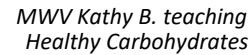


WARNING:

Physical activity and exercise may be habit forming and lead to improved physical and mental health outcomes. Start slow and increase the dosage as your fitness ability improves. You may experience the following side effects: increased energy, reduced stress, quality sleep, greater endurance, immense strength, enhanced flexibility, improved balance and copious amounts of fun. Exercise should always be administered with plenty of water. Consult your physician before starting this prescription.

Take charge of your health today!

Even though National Volunteer Week in the United States is observed annually during the third week of April, we are always grateful and appreciative of our volunteers-every single day of the year.



Together, we're building
healthier lives and stronger
communities - one volunteer
at a time.

A collage of six photographs showing students and teachers engaged in various activities. The top-left photo shows a person in a dark jacket planting a tree in a wooden frame. The top-middle photo shows a student wearing an orange hat and a blue shirt, sitting at a table with a sign that says "KINDER FOREVER AND EVERGREEN". The top-right photo shows two students working in a lab, one pouring liquid into a jar. The bottom-left photo shows a group of students sitting on the floor, listening to a presentation. The bottom-middle photo shows a student wearing an orange hat and a blue shirt, sitting at a table with a sign that says "KINDER FOREVER AND EVERGREEN". The bottom-right photo shows a student wearing an orange hat and a blue shirt, sitting at a table with a sign that says "KINDER FOREVER AND EVERGREEN".

SUMMER 2025 – 11