

SPRING 2020

MAKING A DIFFERENCE

TARRANT COUNTY

Tarrant County Livestock

Jacklyn Jones, County Extension Agent, Agriculture/Natural Resources

Director's Message

Howdy from your local Tarrant County AgriLife Extension Office! We hope that this newsletter finds you well and that you and those around you are healthy and safe.

The last couple of months have been an adventure for our office as we have navigated COVID-19 and developed new programming platforms to continue to reach the needs of our community. Our Horticulture Agents and volunteers have seen an increase in the number of horticulture and gardening-related calls to the office as more Tarrant County residents are looking to start home gardens and get back to the basics. While we are not excited about the condition in which we are seeing this increased interest, we are happy to see that people are recognizing the importance of urban agriculture in their everyday lives!

If you are not already following us on Facebook, please find us and "Like" and "Share" our page for the latest information on virtual programming options. Many of the programs posted are either being offered directly by our office or in partnership with other County AgriLife offices. More program opportunities are announced frequently, so be sure to follow us on Facebook for the most up to date announcements (Texas A&M AgriLife Extension Service – Tarrant County or @agrillife.tarrant!)

Please contact our office if you have any questions or if there is anything that we can do to serve you. Also, please join us in welcoming our two newest Tarrant County AgriLife team members!!



Courtney Davis,
 Tarrant County Extension Director

Fralonda W. Aubrey

Hello Tarrant County! I am excited and honored to serve Tarrant County citizens as County Extension Agent for Family and Community Health. Originally from the great city of Dallas, TX. I attended Yvonne A. Ewell, Townview Magnet Center where I was a student of the High School for Health Professions. I pursued undergraduate studies at Prairie View A&M University and graduate studies at Texas Southern University. In my 10-year journey as an Extension Agent, I have served as County Extension Agent for Urban Youth Development in Harris County (Houston, TX) and Extension Agent for Family and Consumer Science with the Prairie View A&M University-Cooperative Extension Program in Fort Bend County. I believe in the power of research-based programs and the services we provide to citizens throughout Texas. I am very passionate about the growth and development of youth and take great strides to ensure youth and adults are provided impactful programs to enhance their quality of life. During my time off I enjoy crafting and relaxing with my husband, two sons, and soon to arrive baby! We love family adventures like camping and fishing trips! I look forward to building several professional relationships and conducting successful programs throughout Tarrant County.



Jacqueline Frampton



Hello! My name is Jacqui Frampton and I am your new 4-H Youth Development County Extension Agent here in Tarrant County! I started on April 1, 2020. Prior to that, I was the Assistant County Extension Agent in Hill County from January 2019 to March 2020. I graduated from Tarleton State University in 2016 with my B.S. in Animal Science. I then went on to pursue a master's degree at Sam Houston State University, where I graduated in 2018 with my M.S. in Agriculture. During my time at SHSU, I was a Teaching Assistant for the Department of Agricultural Sciences where I taught freshman level Animal Science laboratories. My thesis research was on the topic of reproductive technologies in pen-raised white-tailed deer and took place over two years on a big game hunting ranch in Southeast Texas. My husband Adam and I recently were married in December 2019 and we now reside in Fort Worth.



As the Livestock show season begins to come to an end many 4-H and FFA exhibitors are beginning to turn their attention to their next project of the year. For some this may mean sports or finding their next livestock project, but for many it means High School Graduation and preparing for their next chapter in life. Whatever their next chapter may be, they will always be able to look back on their time spent in the barns and the life lessons learned while exhibiting their livestock projects.

For those who have never exhibited livestock before, please let me share with you a highlight of what these students go through. Starting in the Spring they begin deciding what their animal project for the year will be, (cattle, sheep, goats, etc.), next is finding just the right animal. Once the animal is selected, then comes a year of caring for the animal. Making sure the animal does not get sick by consulting their veterinarian to make sure that the correct medications are given. Then comes arriving at the barn by daylight in order to feed and water the animal before heading off to school; continuing through summer break and then doing it again in the evenings before they go home to take care of themselves. Next is the chore of gaining the animals trust in order to be able to train the animal to show at various stock shows throughout the year. Mind you, all of this is taking place while the exhibitor is also involved with school, jobs, and other extra-curricular activities, such as sports.

Finally comes the day of the big show for them to showcase all their yearlong hard work and prepare to present their animal for judging. If the exhibitor is exhibiting a market animal and it is selected for the sale, it is a joyous moment to be shared by everyone who was involved with helping the exhibitor throughout the year. Unfortunately, it also sets in the harsh reality of the real-world experience, that the animal they spent the whole year caring now belongs to someone else.

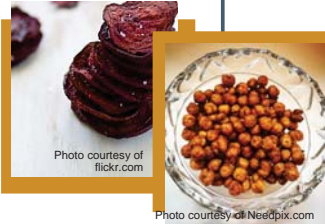
Ladies and Gentlemen, that is just a highlight of what these students have been through this past year. Is it for everyone? No, it is not. But for those students who do participate in the livestock projects in both 4-H and FFA, they will walk away with many life lessons that can not be learned anywhere else than from the barns. These students learn responsibility, sportsmanship, self-reliance, discipline, and a work ethic next to none. While also building character, empathy and making friends for life. Most importantly, they learn to understand and have a passion for Agriculture that they will carry on with them for the rest of their life.

I would like to congratulate all the livestock exhibitors from Tarrant County, both 4-H and FFA, on a job well done during the 2020 Spring Show season. You have done a tremendous job in representing Tarrant County as well as your 4-H Club or FFA Chapter at every event you attended this year.

Get Your Quick Fiber Fix

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

Fiber – many people have heard of its cholesterol-lowering abilities, and we've all heard how increasing fiber intake helps "keep you regular," but how do we fare with acting to meet recommendations for fiber intake? Most of us can agree that fiber is an important part of a healthful diet. After all, fiber-containing plant-based foods play an important role in overall health and prevention and treatment of diseases such as prediabetes, diabetes, and heart disease; new research is even shedding light on the benefits of fiber on mental health. However, national consumption surveys conclude that 95% of Americans don't meet their fiber goals. This is despite research conducted by the International Food Information Council showing that 67% of consumers believe they get enough fiber daily.



The 2015-2020 US Dietary Guidelines for Americans recommends an intake of 25 to 38 grams of fiber per day. On average, US adults consume approximately 15 grams – well short of the recommended intake. Furthermore, low-carb and keto-style diets, as well as gluten-free and grain-free eating patterns tend to eliminate fiber-rich grains, further contributing to the fiber intake deficit.

Some people lack the time, skill, and creativity to design and prepare daily meals and snacks to reach their fiber goals. Others maintain the perception that fiber-rich foods lack taste, are too expensive, and require extra time and skill to prepare. Additionally, some consumers are hesitant to eat high-fiber foods due to negative digestive symptoms such as gas and bloating – either actual or perceived.

The rules which define "dietary fiber" can be rather complex, but to state it clearly, if at least one of the following are demonstrated in

humans, a carbohydrate may be included in the definition of "dietary fiber":

- Lowering blood glucose
- Lowering cholesterol
- Lowering blood pressure
- Increase in frequency of bowel movements
- Increase mineral absorption in the intestinal tract
- Reduced caloric intake due to the fiber promoting a feeling of fullness

The US Food and Drug Administration has identified seven carbohydrates which are added to foods as meeting the "dietary fiber" definition. Some of these carbohydrates include beta-glucan soluble fiber, psyllium husk, cellulose, and pectin.

One simple way to increase fiber intake is to follow MyPlate guidelines to make half your plate fruits and vegetables and one-quarter of your plate whole grains. However, in a nation of busy people who rely on fast food and convenience foods, fiber-rich foods aren't typically the focus of everyday meals. Additionally, consumers are spending more time snacking throughout the day instead of eating full meals due to busy lifestyles. With this shift in American dietary patterns, the demand for more healthful snack foods is increasing, and manufacturers are taking heed. See below for a list of high-fiber convenience foods that contain at least 5 grams of fiber per serving and are made without artificial ingredients or preservatives; most of these items can be found at your local grocery store.

- Beet chips and carrot chips – 7g fiber per 1-2oz bag
- Dry roasted edamame – 8g fiber per 1/3 cup
- Puffins Cereal – 5g fiber per 3/4 cup
- Roasted chickpeas – 9g fiber per 1/4 cup

Quick Guide to the New Food Label

Alaina O'Daniel, County Extension Agent, Family & Community Health

- Added sugars**
- Added sugar is the kind of sugar we want to be wary of
 - Added sugar has a lot of calories but not a lot of nutrients
 - Keep intake of added sugars to less than 10% of total daily calories
 - For example- in a 2,000-calorie diet, not more than 200 calories should come from added sugars
 - The nutrition facts label daily percentages are based off a 2,000-calorie diet

Nutrition Facts			
2 servings per container			
Serving size		1 cup (265g)	
	Per serving	Per container	
Calories	220	440	
	% DV*	% DV*	
Total Fat	5g 6%	10g	13%
Saturated Fat	2g 10%	4g	20%
Trans Fat	0g	0g	
Cholesterol	15mg 5%	30mg	10%
Sodium	240mg 10%	480mg	21%
Total Carb.	35g 13%	70g	25%
Dietary Fiber	6g 21%	12g	43%
Total Sugars	7g	14g	
Incl. Added Sugars	4g 8%	8g	16%
Protein	9g	18g	
Vitamin D	5mcg 25%	10mcg	50%
Calcium	200mg 15%	400mg	30%
Iron	1mg 6%	2mg	10%
Potassium	470mg 10%	940mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Calories per serving and container**
- Servings per container gets a larger font
 - Number of calories is larger
 - While this is clarity of information is great- 500 calories of soda is way different than 500 calories of brussels sprouts
 - Calories per container also reflects how Americans really eat
 - i.e.- the whole cookie or the whole bag of chips

- Vitamin D and potassium**
- The FDA swapped Vitamin A & C on the label for vitamin D and potassium
 - Goal is to make sure we're getting enough of these two nutrients in our diet
 - Potassium helps balance blood pressure

- The 5/20 Rule**
- Can help be a guide for the new labels and packaged products
 - A 20% or more daily value of any nutrient is a high amount, while 5% or less is low

Children's Garden

Steve Chaney, County Extension Agent, Horticulture

Children are born explorers, and the natural world is their greatest magical mystery. Studies in the last decade affirm that children prefer to play in and explore the



Photo courtesy of Needpix.com

natural environment rather than constructed environments that do little to fuel their imaginations. The natural environment provides learning experiences not found in the classroom. Low branches of trees become ladders, forts and castles. A mud hole and a stick become great explorations of density and viscosity. The mysteries of a flower or the methodical movements of an inchworm delight and intrigue a child's imagination. Children can spend hours learning and absorbing all the wonders of nature found in a garden.

The edible garden is a wonderful place to introduce children to the natural world. The mystery of life held in a seed that grows to become a beautiful plant is a delight to children. Here they learn a love and respect for nature and an appreciation of where their food comes from. Children might even be more likely to eat their vegetables if they helped in the cultivation and the harvest.

There are so many lessons in a garden, both abstract and academic. Math and science are the obvious connections; however, art, literature, and history have their place as well. The one key to guiding children's natural hunger for knowledge is to never make it see like work. Inherently, a garden is a lot of work and children should be given responsibility for specific plants and chores, but the goal (especially for young children) is to learn about the nature of garden plants.

Layout: A children's garden should have clearly delineated pathways and planting areas to prevent seedlings from being trampled. It helps to put plant markers where seeds are planted. These can be as simple as seed packets glued to popsicle sticks.

Time commitment: Time is usually a precious commodity for those who care for young children, and a small successful garden is a lot more fun for everyone concerned when time for maintenance is limited.

Bean and pea teepees: A simple construction can be made with long bamboo poles stuck in the ground and tied at the top with jute or string, allowing vining plants' tendrils to encircle the poles.

Natural mazes or rooms: Children enjoy a sense of enclosure and fun "rooms" or even whole mazes can be created with taller plants such as cornstalks or sunflowers.

Water: Water features can be wonderful elements for play and exploration. It is a good idea to provide water solutions for children to fill up containers to water their plants.

Whimsical features: Children enjoy seeing interactions in nature. The wind playing with a pinwheel or a wind chime can be mesmerizing. The shadow cast by a sundial can teach older children about the earth's rotation.

Suggested edible plants: It is important to consider the age and safety of the children when planning children's gardens. Pick some fun plants to get them to try such as: asparagus, baby carrots, basil, blackberries, cherry tomatoes, edible-podded peas, fruit trees, garlic, lemon balm, miniature gourds, mint, pineapple sage, scarlett runner beans, strawberries, sunflowers, etc.

The most important thing to remember is, enjoy your time outside with your children, be safe and Safe Gardening!

Grow Something

Laura Miller, County Extension Agent, Horticulture

In 1811 Thomas Jefferson wrote to Charles Willson Peale "no occupation is so delightful to me as the culture of the earth, & no culture comparable to that of the garden. such a variety of subjects, some one always coming to perfection, the failure of one thing repaired by the success of another, & instead of one harvest a continued one thro' the year. under a total want of demand except for our family table I am still devoted to the garden. but tho' an old man, I am but a young gardener."

Each year offers a new opportunity to experience the satisfaction of growing your own produce, and each year brings its own challenges. Texas weather is always going to be interesting, and current world events have many people wanting more control over their food supply than ever before. Growing some vegetables is a way to relieve some of the stress of modern life in many ways. It provides a connection to nature, a sense of accomplishment, and fresh healthy food. Give it a try.

What do vegetable plants need?

- Sunlight--at least 6 hours of full sun each day
- Water--a nearby source, and a drip irrigation system on a timer is ideal
- A place to put down roots --this can be garden soil, a raised bed, or just a container

Here in North Texas, it is time to plant some of the most popular spring/summer vegetables, those in the Solanaceae family: tomatoes, peppers and eggplant, and the Cucurbitaceae family: cucumbers, squash and melons. All of these can be planted outdoors after the danger of frost has passed and are best installed by mid April. Our average last freeze is March 15, more or less. Procrastinators can plant hot weather vegetables such as southern peas and okra all the way through the month of May. One of the easiest ways to incorporate vegetables into your landscape is to add them to annual beds and porch or patio containers. Anywhere that vinca or zinnias might grow, peppers can thrive. Some of the prettiest peppers are also the hottest. Just about every

ornamental pepper will be a hot one, but sweet peppers are also attractive. The plants will need more space and the overall effect will be greener, but green is a color too. Texas Superstar peppers are trialed and selected for their beauty and performance around the state and both 'NuMex Twilight' and 'Purple Flash' made the cut. http://www.gotexan.org/Portals/1/PDF/Superstar_13_rev2.pdf



Homegrown tomatoes require more space than peppers and something to keep them growing upright. When choosing a cage or trellis, choose big. When choosing a tomato transplant, choose as big as possible. Producing a good harvest is a race to set fruit before it gets hot. When daytime temperatures exceed 95F and nighttime temperatures don't go below 75F, tomato plants will focus on staying alive instead of producing fruit. Some years, we are lucky and that doesn't happen until late July or August. Some years it happens in May. Choosing smaller fruiting tomatoes such as cherry or grape varieties will help as they can usually keep producing longer in hot weather. Texas Superstar varieties are "Tycoon" and "Dwarf Cherry Surprise", but there are more variety choices in this Easy Gardening publication. <https://cdn-ext.agnet.tamu.edu/wp-content/uploads/2014/09/how-to-grow-tomatoes.pdf>

Even if "the failure of one thing" is NOT "repaired by the success of another", you'll learn something about growing and you'll grow. Your appreciation for fresh vegetables will also grow, and money can still buy homegrown tomatoes at our local farmers' markets, along with peppers and a wide variety of delicious options. Thomas Jefferson would be pleased.

After-School Programs for Youth

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

As a part of the 4-H Youth Development team here in Tarrant County, I work with youth from all over the County in all sorts of different environments. This could be schools, community centers, churches, boys and girls clubs or community wide events just to name a few. During the school day youth are asked to do a lot of work and are required to take many tests even at the elementary level. With the growing demands of students and educator requirements, many students and youth are falling behind due to lack of support and time that is available to them. After-school programs are not always discussed but they are very important for youth in their developments of academic performance and creating a positive environment for children to be a part of.



Photo courtesy of flickr.com

Allowing students to be a part of an after-school program allows the students to get help with daily homework, learn new things and create friendships outside of the classroom. As a part of Fort Worth ISD after-school programs and the City of Fort Worth Community Centers we have partnered to create lasting program areas in these sites to bring youth a positive educational experience around the County. The 4-H department provides lesson series that last at least six weeks with different schools about environmental education, Robotics, Gardening, health education and many more topics. Many of the after-school programs get reported as group enrollment which provides the youth the experience of completing a 4-H project and topic area without the long-term commitment of joining a club. These experiences are great for the youth to learn what 4-H is all about and how the progression of interest can lead them to joining a 4-H club of their choice.

Many students wouldn't be exposed to extension programs at all if we did not partner with the local after-school programs and provide these opportunities. There is strong research that supports after-school programs and their benefits. I found four quotes from University professionals from Youth.gov to show the impacts of after-school programs.

1. Attending after-school programs can improve students' academic performance. A national evaluation found that over 40 percent of students attending 21st Century Community Learning Center programs improved their reading and math grades, and those who attended more regularly were more likely to make gains (Haftzger et. Al., 2007).
2. Participation in afterschool programs has been associated with reduced drug use (Investing in our young people, University of Chicago, 2006) and criminal behavior (UCLA National Center for Research on Evaluation, Standards and Student Testing, 2007).
3. Working families and businesses also derive benefits from after-school programs that ensure that youth have a safe place to go while parents are at work. Parents concerned about their children's after-school care miss an average of eight days of work per year, and this decreased workers productivity costs businesses up to \$300 billion annually (Brandeis University, Community, Families and work Programs, 2004 and Catalyst & Brandeis University, 2006).
4. After-school programs can play an important role in encouraging physical activity and good dietary habits. Participation in after-school programs has been associated with positive health outcomes, including reduced obesity (Mahoney, J., Lord, H., & Carryl, 2005).

Reference: *Benefits for Youth, Families, & Communities* <https://youth.gov/youth-topics/afterschool-programs/benefits-youth-families-and-communities>

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<p style="text-align: center;">LEADERSHIP ADVISORY BOARD OF TARRANT COUNTY</p> <table border="0" style="width: 100%;"> <tr> <td>Janet Duncan</td> <td>John I. Peña</td> </tr> <tr> <td>Kenneth King</td> <td>Kathryn Rotter</td> </tr> <tr> <td>Sandra Medina</td> <td>Carlos Walker</td> </tr> <tr> <td>Kenny Ordoñez</td> <td>Dawn Youngblood</td> </tr> </table>	Janet Duncan	John I. Peña	Kenneth King	Kathryn Rotter	Sandra Medina	Carlos Walker	Kenny Ordoñez	Dawn Youngblood	<p style="text-align: center;">EDITORIAL TEAM</p> <p style="text-align: center;">Courtney Davis County Extension Director</p> <p style="text-align: center;">Mary H. Oviedo Office Manager</p>	
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