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September 2022

It's Time for Fall Gardening!

Did you know in most Texas areas the climate is suitable for a fall vegetable garden? Many gardeners will plant vegetables in the spring and early summer and not realize they can also grow vegetables in the fall. For help locating, prepping, and establishing a garden site, which can be used for both fall and spring planting, check out the planning guide on AgriLife Extension's Easy Gardening series.

(<https://aggie-horticulture.tamu.edu/vegetable/easy-gardening-series/>)

Fall fruits and vegetables are categorized as **long- or short-term plants**. Some plants may not grow well after the first frost (temperature is below 32°F) and are called **frost-susceptible**. Other plants may thrive during the cooler season making them **frost-tolerant**. Group long- or short-term plants together according to their frost tolerance.

Plant short-term, frost-susceptible plants together—they will not survive a frost.

Examples include beans, cantaloupe, corn, cucumbers, eggplant, okra, pea, peppers, Irish potatoes, sweet potatoes, squash, tomatoes, and watermelon.

Plant long-term, frost-tolerant plants together. Examples include beets, broccoli, Brussels

sprouts, cabbage, carrot, cauliflower, chard, collard, garlic, kale, lettuce, mustard, onion, parsley, spinach, and turnip.



There are many varieties of fruits and vegetables; however, only three or four varieties may grow well in your county or region. Use Aggie Horticulture's Vegetable Variety Selector

to help identify what grows best in your area.

(https://aggie-horticulture.tamu.edu/publications/veg_variety/)

You can grow fruits and vegetables from seed or transplants. Transplants will shorten the growing time in your garden and are recommended in the fall when growing tomatoes, peppers, and eggplants or cold-friendly broccoli, cauliflower, and cabbage. Transplants can also be purchased from your local nursery or retail store.

Don't forget to enjoy your garden! Visit your garden regularly to see growth and changes, and to harvest produce when ready. For more information reach out to your AgriLife Extension County Extension Agent!

Written by Michele Scaife, Extension Agent – Better Living for Texans

Source: <https://agrilifelearn.tamu.edu/s/product/fall-vegetable-gardening-guide/0114x0000040fi>
Photo: Microsoft Image

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September has always been a special month for me. For the first 19 years of my life, I didn't feel like I shared my birthday with anyone. Then, in 2001, it felt like I shared it with the world, but not in a happy way. I was 20 when the 9-11 terrorist attacks took place. What a day to turn 20! Throughout the years, it's a bit easier to enjoy the month of September. I look forward to my birthday. I look forward to honoring those who died in the terrorist attacks and the military and first responders for their tireless daily efforts. I look forward to getting together with friends and family for Labor Day.

While preparing for my September newsletter, I researched other events that are observed in September by searching in the www.nationaldaycalendar.com. Guess what! They list September as observing Whole Grains Month! I love whole grains. Even growing up I didn't eat much white bread. Unless we were eating Italian French bread, it was whole wheat bread. I didn't even know that was different from other kids until I was much older.

"What is a whole grain?" you ask. Well, the Whole Grains Council has a ton of great information. They teach you that all grains start as whole and have 3 parts: bran, germ, endosperm. "The bran is the multi-layered outer skin of the edible kernel. It contains important antioxidants, B vitamins and fiber. The germ is the embryo which has the potential to sprout into a new plant. It contains many B vitamins, some protein, minerals, and healthy fats. The endosperm is the germ's food supply, which provides essential energy to the young plant so it can send roots down for water and nutrients and send sprouts up for sunlight's photosynthesizing power. The endosperm is by far the largest portion of the kernel. It contains starchy carbohydrates, proteins and small amounts of vitamins and minerals," state the Whole Grains Council.

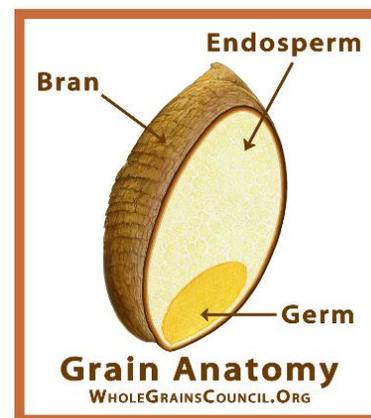


Figure 1 Graphic from the Whole Grains Council.

As we've talked in previous newsletters, whole grains are the healthiest way to eat grains. When a company refines the whole grain, it removes the bran and the germ, removing about 25% of the grain's protein and at least seventeen different key nutrients! That's a lot to lose!

Whole grains have antioxidants not found in fruits and vegetables, as well as Vitamin E, B vitamins, magnesium, iron, and fiber. Eating whole grains can help reduce the risk of many chronic diseases such as cancer, diabetes, obesity, stroke, and heart disease. Eating whole grains can also help improve your Total Cholesterol numbers and your A1C, which measures your blood sugar. This is great news for anyone diagnosed with diabetes or pre-diabetes!

"Now that I know what a whole grain is, what is a refined grain and an enriched grain?" you ask. Well, a refined grain is the term used when the grains are missing one or more of their three key parts (bran, germ, or endosperm). A new milling technology in the late 1800s allowed the bran and the germ to be easily removed. For a company to make white flour and white rice, for example, they must process



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and refine the grain. Enriched grains add back in a small amount of the missing nutrients that were removed during processing. The best solution is to stick to whole grains!

Below is a chart provided by Whole Grains Council comparing the nutritional value of Whole Wheat Flour (green), Refined Wheat Flour (red), and Enriched Wheat Flour (yellow).

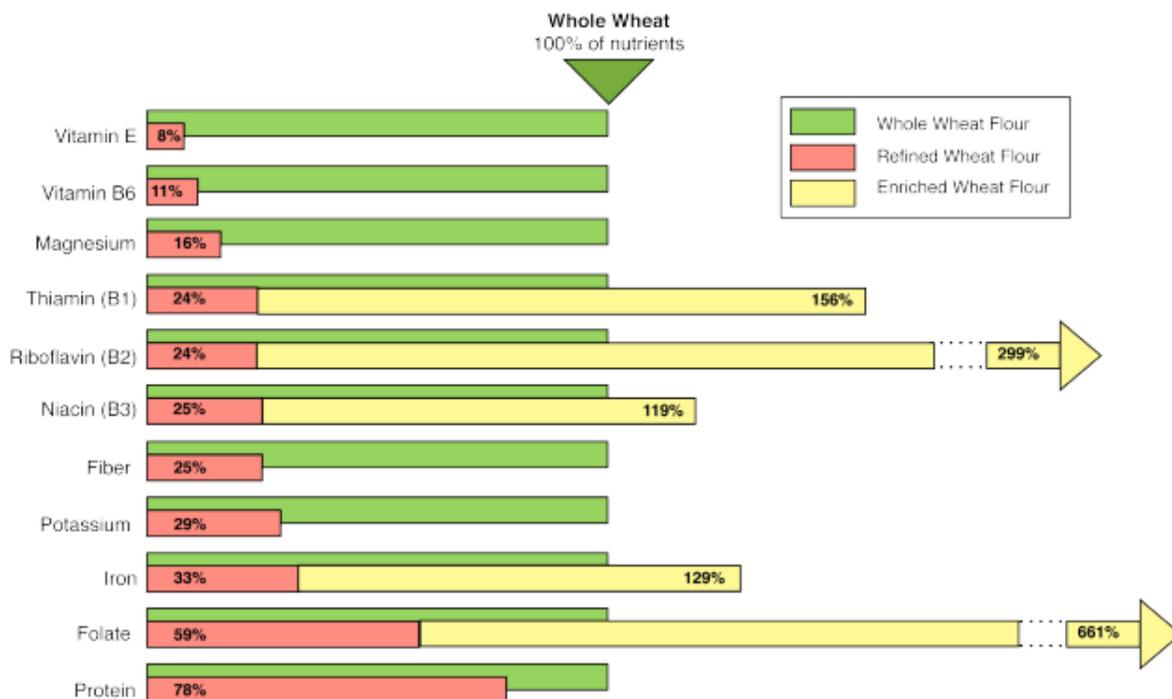


Figure 2 Graphic from the Whole Grains Council.

The most recent Dietary Guidelines for Americans, released in January 2020, recommend that all adults eat at least half their grains as whole grains – that’s at least 3 to 5 servings of whole grains. Unfortunately, the Whole Grains Council shows, “the average American eats less than one daily serving of whole grains, and some studies show that over 40% of Americans never eat whole grains at all.”



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Amaranth, Barley, Buckwheat, Corn (including whole cornmeal and popcorn), Millet, Oats (including oatmeal), Quinoa, Rice (both brown and colored rice), Rye, Sorghum (also called Milo), Teff, Triticale, Wheat, and Wild Rice when consumed in a form that include the bran, germ and endosperm are generally considered whole grains. I've heard of most of these before writing this newsletter, but what in the world is Amaranth? Turns out that Amaranth was a dietary staple in many parts of the world during ancient times when the Maya, Inca, and Aztec civilizations were powerful. Amaranth is extremely nutritious, rich in fiber and protein, as well as many micronutrients such as manganese, magnesium, phosphorus, and iron. Amaranth is a naturally gluten-free. Michigan State University Extension, states, "Its flavor can be light and nutty to lively and peppery, making it an interesting ingredient in muffins, breads, soups, and cereals. Amaranth can be boiled in water and enjoyed as is, added to other cooked cereals and used as a thickener in desserts." Check out the whole article here: https://www.canr.msu.edu/news/vary_your_whole_grains.

So, how do we get more whole grains in our diet. We must choose them and eat them! It sounds so simple, but, putting it into daily practice and having that positive behavior change is a different story. How about trying one of these three recipes: [Carrot Pineapple Bread](#), [Black Bean Bagel Bites](#), or [Garbanzo Crunchies](#). However you're getting your whole grains, just remember that we want ½ our grains, to be whole grains!



Figure 3 Picture from <https://efnep.tamu.edu/recipe/carrot-pineapple-bread/>

Sanci Hall is the Tarrant County Better Living for Texan's Texas A&M AgriLife Extension Agent. Contact her at sanci.hall@ag.tamu.edu & visit our webpage: tarrant.agrilife.org and agrilife.org/urbantarrantnutrition/blt

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Vegetable Highlight: Oranges!

I love oranges! I really like mandarin oranges. Oranges are part of the citrus family and are mainly grown in Florida, California, Arizona, and you guessed it, Texas! Oranges do not ripen after being picked and are very fragrant. Vitamin C is high in Oranges.

Per the [Mayo Clinic](#), “Vitamin C (ascorbic acid) is a nutrient your body needs to form blood vessels, cartilage, muscle, and collagen in bones. Vitamin C is also vital to your body's healing process.” Oranges contain no saturated fats or cholesterol, but has high pectin concentrations, a beneficial dietary fiber.

Harvard T.H. Chan, School of Public Health says, “Vitamin C improves the absorption of non-heme iron, the type of iron found in plant foods such as leafy greens. Drinking a small glass of 100% fruit juice or including a vitamin-C-rich food with meals can help boost iron absorption. Vitamin C can be destroyed by heat and light. High-heat cooking temperatures or prolonged cook times can break down the vitamin. Because it is water-soluble, the vitamin can also seep into cooking liquid and be lost if the liquids are not eaten. Quick heating methods or using as little water as possible when cooking, such as stir-frying or blanching, can preserve the vitamin. Foods at peak ripeness eaten raw contain the most vitamin C.”



Figure 4 Picture from Texas A&M AgriLife Extension

I've never cooked much with oranges, choosing to eat them raw, but I looked up a few recipes I'm going to try with my family: [Zesty Orange Carrots](#), [Orange Glazed Skinless Chicken Wings](#), and [Orange Banana Frosty](#).

Check out this great salad recipe.



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Avocado Mandarin Tossed Salad with Chicken

Course: Salad

Servings 8

Ingredients

- ½ cup green onion, thinly sliced
- 1 can (11 ounces) mandarin oranges, drained
- ⅓ cup coarsely chopped pecans
- ⅛ teaspoon pepper
- 1 medium ripe avocado, peeled and sliced
- 2 cups cooked, shredded chicken
- 4 cups torn salad greens
- ¼ cup fat free Italian salad dressing

Instructions

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Wash and slice onion.
4. In a bowl, combine the onion, oranges, pecans, and pepper.
5. Refrigerate for 30 minutes.
6. Just before serving, wash, peel and slice avocado and tear salad greens.
7. Place the greens in a salad bowl.
8. Top with orange mixture, shredded chicken and avocado slices.
9. Drizzle with dressing before serving.

Nutrition Facts	
Serving Size 1 1/2 cups	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 125mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 10g	
Vitamin A 50%	Vitamin C 30%
Calcium 2%	Iron 6%



Figure 5 Picture from <https://efnep.tamu.edu/recipe/avocado-mandarin-tossed-salad-with-chicken/>

Did learn anything new about oranges? Email me and let me know.

Sanci Hall is the Tarrant County Better Living for Texan's Texas A&M AgriLife Extension Agent. Contact her at sanci.hall@ag.tamu.edu & visit our webpage: tarrant.agrilife.org



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Local Events

- **Senior Nutrition Series – Be Well, Live Well.** Learn how to: Be Independent, Eat Well, Be Able, Read the Label, Be Safe, Eat Safe, Be Creative, Meal Plans, and Be Fit, Move More
 - Hurst Senior Activities Center, 700 Heritage Cir, Hurst, TX 76053, 11 am – 12 pm.
 - Tuesday, September 20, 2022 – Lesson 1
 - Tuesday, September 27, 2022 – Lesson 2
 - Tuesday, October 4, 2022 - Lesson 3
 - Tuesday, October 11, 2022 - Lesson 4
 - Tuesday, October 18, 2022 - Lesson 5
 - Register at hursttx.gov/hsac
 - Watauga Adult Center, 7901 Indian Springs Rd, Watauga, TX 76148, 11 am – 12 pm
 - Wednesday, October 12, 2022 - Lesson 1
 - Wednesday, November 9, 2022 - Lesson 2
 - Wednesday, December 14, 2022 - Lesson 3
 - Wednesday, January 11, 2023 - Lesson 4
 - Wednesday, March 8, 2023 - Lesson 5
 - Register at <https://forms.gle/8WUGm8xCpszf3SnX8>
- **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 Recreation Center, 6000 Hawk Ave, North Richland Hills, TX 76180, 1 pm – 3 pm
 - Wednesday, December 7, 2022 - Lesson 1
 - Wednesday, January 4, 2023 - Lesson 2
 - Wednesday, February 1, 2023 - Lesson 3
 - Wednesday, March 1, 2023 - Lesson 4
 - Wednesday, April 5, 2023 - Lesson 5
 - Wednesday, May 3, 2023 - Lesson 6



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- Register at: www.nrhcentre.com
- **Adult Nutrition Class – Get the Facts.** This 4-part series will help participants learn how to use the Nutrition Facts label to make healthy food choices when shopping. Special emphasis is given on sodium, fats, added sugars, and portion size.
 - Watauga Public Library, 7901 Indian Springs Road, Watauga, Texas 76148, 4 pm – 5:30 pm.
 - Tuesday, October 4, 2022
 - Tuesday, October 11, 2022
 - Tuesday, October 18, 2022
 - Tuesday, October 25, 2022
 - Register by calling (817) 514-5865
 - Keller Senior Activities Center, 640 Johnson Rd Building C, Keller, TX 76248, 1:30 pm – 2:30 pm
 - Monday, November 28, 2022
 - Monday, December 5, 2022
 - Monday, December 12, 2022
 - Monday, December 19, 2022
 - Register at: <https://secure.rec1.com/TX/keller-tx/catalog>
- **Adult Walking Group - Walk N Talk** - During this 8 week walking series, friends, family, and others from the community come together to support one another in a fun, simple way.
 - Keller Senior Activities at Bear Creek Park, 400 Bear Creek Park Road, Keller, TX 76248, 9:30 am – 10:30 am
 - Monday, October 3, 2022
 - Monday, October 10, 2022
 - Monday, October 17, 2022
 - Monday, October 24, 2022
 - Monday, October 31, 2022
 - Monday, November 7, 2022
 - Monday, November 21, 2022
 - Monday, November 28, 2022
 - Register at: <https://secure.rec1.com/TX/keller-tx/catalog>



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- Hurst Senior Citizens Activities Center, 700 Heritage Cir, Hurst, TX 76053, 12:30 pm – 1:30 pm
 - Monday, October 3, 2022
 - Monday, October 10, 2022
 - Monday, October 17, 2022
 - Monday, October 24, 2022
 - Monday, October 31, 2022
 - Monday, November 7, 2022
 - Monday, November 21, 2022
 - Monday, November 29, 2022 (11 am – 12 pm)
 - Register at: hursttx.gov/hsac
- **Gardening with the Tarrant County Master Gardeners** at Keller Public Library, 640 Johnson Road, Keller, Texas 76248 on Saturday, September 17th from 10:30 am – 12:45 pm.



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New 9-8-8 Suicide and Crisis Hotline for Mental Health Support

People experiencing thoughts of suicide or other mental health crises can now dial or text 9-8-8 to get help. Get more information at 988lifeline.org.



Get Support 24/7, 365 days a year
Free and confidential support to those in suicidal crisis or emotional distress.

In 2020 there was one death by suicide every 11 minutes.

By calling or texting the 988 lifeline, you can receive the support, care, and resources you need to help overcome this mental health, substance abuse, and suicide-related crisis.

It is Never Too Late to Get Help

Nearly 2.4 million crisis calls were made in 2020, and over 180,000 in Texas.

Lifeline callers report having reductions in psychological pain, anxiety, and hopelessness after speaking with trained crisis center workers once calling the lifeline.

The Suicide & Crisis Lifeline website 988lifeline.org also provides additional information on local resources in your community or situation.

National Resources

The National Suicide Prevention Hotline is also still available to help.

Dial 1-800-273-TALK (8355) or call/text 988 will connect you to the same resources.

If you are experiencing:



Reach out to family, friends, school counselors, or call/text 9-8-8

TEXAS Health and Human Services | Texas Department of State Health Services | dshs.texas.gov



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Recipe of the Month

Recipe and photo source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/flavorful-fried-rice>

Flavorful Fried Rice

Peas and carrots can grow abundantly in your fall vegetable garden. Use brown rice for extra fiber.

Serves: 6

Ingredients:

2 tablespoons cooking oil (or margarine)	4 eggs
1 cup rice, uncooked	4 egg whites
3 tablespoons minced onion	¼ cup non-fat milk
½ cup carrots, chopped or grated	½ cup peas
2 cups water	2 tablespoons low sodium soy sauce

Directions:

1. In a frying pan over medium heat, cook rice, minced onion, and carrots in oil, stirring often until lightly browned.
2. Slowly add water, reduce heat, cover, and simmer until liquid is absorbed and rice is tender, about 20 minutes.
3. Beat eggs in a bowl and stir in milk, peas, and soy sauce. Pour over hot rice mixture. Cook on medium heat, stirring often until eggs are firm.



Nutrients Per Serving:

237 calories, 8 g total fat, 1 g saturated fat, 124 mg cholesterol, 393 mg sodium, 30 g carbohydrates, 1 g fiber, 2 g total sugar, 0 g added sugar, and 11 g protein

Total Cost: \$\$\$\$



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