We are pleased to provide you with the information contained in this report. Current educational information is supported by Texas A&M AgriLife Extension Service.

Included in this report are monthly updates from our different departments; 4-H & Youth Development, Agriculture & Natural Resources, Better Living for Texans, Family & Community Health, and Horticulture.

If you are interested in participating in any of the mentioned AgriLife Extension educational programs throughout the year, please feel welcome to do so.

All Extension programs are sponsored by AgriLife program area committees for anyone’s educational benefit. We would like to acknowledge the Extension volunteer base, Extension Specialists, and cooperators who contributed to the planning of all educational information compiled in this educational newsletter.
This past month we held our first county contest of 2023! The Texas 4-H Food Show aims to provide an opportunity for 4-H contestants to highlight their culinary skills while improving their presentation and interview skills. More than 120,000 youth statewide participate in the 4-H Food & Nutrition Project, where they learn to prepare nutritious and safe meals and adopt behaviors that can help reduce their risk for chronic disease.

We were very excited about our participation this year at the county level. In 2022, we had two contestants. This year we had 13! The youth prepared a dish at home and brought it to the contest. During the contest, they presented to the judges their experience. Presentation topics included food safety, nutrition knowledge, food preparation, and more.

Out of the 13th youth who participated, 7 of them qualified to advance to the district competition. It will be held on February 18th at NCTC in Gainesville. We wish our 4-H members the best of luck!
January has been a busy month for the ag and natural resources department. At the beginning of the month our planning committees formulated our 2022 ag increment report from the county. This report gives us an up-to-date economic report for agriculture revenue. While discussing the report, the committee brainstormed on programs to coordinate in 2023.

The ag and natural resources office has also been busy working with the Denton County validation committee making site visits to retag and retattoo animals before the spring major show season.
January was a little slower than other months for Better Living for Texans Agent Dusty Fife. She spent time marketing programs, gearing up for future programs, catching up on reporting, and getting organized for the upcoming year.

Agent Fife partnered with Steven Baringer and Colleen Carpenter and secured an elementary school to teach the Learn, Grow, Eat, and Go curriculum. Starting at the end of February, they will be working with 95 students to teach them the 10-week gardening course.

Fife has also been working with the Lewisville Public Library to bring their participants the Healthy Carbohydrate program.
Agent Kothari started the new year by recruiting and training three new Master Wellness Volunteers. Master Wellness Volunteers receive 40 hours of education and training in health, nutrition, and food safety. They also serve a 40-hour internship. Once certified, Master Wellness Volunteers provide outreach and education to help Texans better their lives.

Agent Kothari started the Step-up Scale Down program at Flower Mound Senior Center. This 12-week program focuses on goal setting, balanced nutrition and diet, physical activity, and sustainable long-term healthy lifestyles.

Agent Chandani Kothari presented on sustainable long-term healthy lifestyles during Step-up Scale Down, a 12-week program held at the Flower Mound Senior Center.
The New Year brought a burst of activity from our horticulture department. Agent Laminack held the first quarter Horticultural Advisory Board meeting on January 19th. The board consists of horticultural professionals serving Denton County’s government agencies and universities. Urban Tree Care and Understanding Fertilizer are two classes that the committee plans to offer in 2023.

Agent Laminack and Master Gardeners met with Commissioner Falconer to discuss his ideas for The Grove, which is a small demonstration garden located on the property of the Sandy Jacobs Government Center. All harvested fruit from The Grove is donated to a local food pantry. We are proud to continue the project with Commissioner Falconer!

Both the Master Gardeners and the Master Naturalists welcomed their new 2023 Board of Directors. The Master Gardeners celebrated their 2022 Intern Class graduates at their annual awards banquet. During the banquet, interns and veteran members were honored for their outstanding service to our community.
UPCOMING EVENTS

Private Pesticide Applicator Training - 2/9
Stroke Awareness (Denton County Employees) - 2/13
Cholesterol Matters: Be Heart Healthy - 2/25
Red River Equine Summit - 4/15
Master Gardener Plant Sale - 4/29
Master Gardener Garden Tour - 5/13

For more information on these programs go to https://denton.agrilife.org/ or call us at 940-349-2882
Don’t forget to like and follow us on Facebook and Instagram!