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.
Last month I shared with you all about our County Food Show Contest. Some of the members who participated qualified to compete at the next level. On February 18th, six of those 4-H members competed at the District IV Food Show. It was held at NCTC in Gainesville. There were fifty-two 4-H members who competed in the contest from all around our District. We are proud of these 4-H members!

March welcomes several other district contests as well as the Denton County Youth Fair. We have sixty-one members signed up for the Youth Fair with 236 projects in the works! Everyone is looking forward to it!
February was a busy month for Denton County Ag and Natural Resources. We conducted our quarterly Private Pesticide Applicator training on February 9th at the Joseph A. Carroll Building.

We also supported 4-H members at the San Angelo and San Antonio statewide livestock shows. Evan Sylvester made the premium sale in San Antonio with a heavy-weight medium wool lamb. Stock James made the premium sale with a reserve division 2 meat goat, and Colton Grubbs made the premium sale with a champion Hereford steer in San Antonio. Other members represented Denton County at the stock shows in robotics, livestock judging, and shooting sports.
February flew by for Better Living for Texans (BLT) Agent Dusty Fife. She spent a week in College Station at our 2023 Extension Health Summit. The Extension Health Summit provided a joint professional development conference for all agents and specialists working within the Family & Community Health program area of the Texas A&M AgriLife Extension Service. A few of the topics covered were Early Childhood Obesity Prevention, Community Setting Use for Physical Activities, Innovative Ideas for Health and Nutrition Camps and Workshops, Grow it, Cook it, Maintaining Brain Health and Cognitive Function as we Age, and Weeding Out Barriers – Creating Accessible and Inclusive Gardening Opportunities.

Agent Fife wrapped up the Healthy Carbohydrates class at Lewisville Public Library. She also started several new programs within Denton County. Her latest partnership at Thrive Recreation Center in Lewisville resulted in creating a new Walk N Talk and a Fresh Start to a Healthier You program series. Likewise, Agent Fife began a Learn, Grow, Eat, and Go program series with Brockett Elementary with 95 students. This program is very intensive, and many of the agents in the office are pitching in to make this program the best it can be for the students.
FCH agent Chandani Kothari presented two talks in Denton County to celebrate February as Heart Health Month. She and Toni Rose, the Denton County Employee Health and Wellness Outreach Coordinator, presented on stroke prevention during Denton County’s Employee Lunch and Learn on February 13th. She also gave a talk on ‘Cholesterol Matters: Be Heart Healthy’ at Little Elm Public Library and a ‘Medication Management’ presentation for seniors at River Walk Flats Active Senior Apartments. Agent Kothari attended training on food preservation in Dallas. She’s excited to offer canning and preservation classes to Denton County residents soon! Lastly, at the District Food Show in Gainesville, she helped judge juniors that presented their healthy recipes.
The Master Gardeners began training forty-four new interns in February. The interns learned about soil sample analysis, tree care, native plants, and landscaping. Additionally, the Master Gardeners hosted a Volunteer Opportunity Fair to introduce the trainees to the various projects supported by the organization. We are pleased to welcome the class of 2023!

The Master Naturalists celebrated their remarkable accomplishments at the Annual Awards Meeting. Some of the 2022 Outstanding Service Awards include the LLELA turtle teams, DFW Wildlife Coalition, and Green Acres Farm Memorial Park. The 2022 Project of the Year was awarded to Clear Creek Natural Heritage Center, and the Volunteer of the Year was awarded to Regina Dale.

Lastly, volunteers are preparing for the spring Denton ISD School Days, which starts in March. The program includes multidisciplinary collaboration with the Master Naturalists, Master Gardeners, 4-H groups, and the City of Denton to host educational field trips at Clear Creek Natural Heritage Center.
UPCOMING EVENTS

Heart Health Presentation in Justin, TX - 3/9

Step-Up Scale Down - 3/10 & 3/17

Cooking Well with Diabetes - Wednesdays 3/22 - 4/12

Take Action to be Active - 3/27

Dinner Tonight (multi-county program) - 4/6

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!