



Ninety-five citizens attended the pond management program and fish fry at Ranch De la Roca, which was organized by our Agriculture and Natural Resources department.

Contact Your County Extension Service



Phone

(940) 349-2882



Email

denton-tx@tamu.edu



Facebook

[DentonAgriLife](https://www.facebook.com/DentonAgriLife)



Instagram

[dentoncountyagrillife](https://www.instagram.com/dentoncountyagrillife)

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.

4-H & YOUTH DEVELOPMENT

Steven Baringer, 4-H and Youth Development Extension Agent



Ag Leadership 4-H Club members Levi Nelson, Grace Real, Kenedy DeVoe, and Stockton James proudly show their livestock judging ribbons.

4-H members from Denton County 4-H participated at Texas 4-H Roundup in Bryan and College Station on June 6th-9th. Texas 4-H Roundup is the pinnacle event for all of Texas 4-H. The contests included qualifying events, where 4-H members qualified at their county and district contests to compete at the state level, and invitational events. Texas 4-H Roundup was open to senior level, or high school-aged, 4-H members only this year.

Denton County sent two of our senior 4-H teams to compete at the state contests. Erik Dieterich, Hannah Davis, Charlotte Murray, and Katy Throneberry competed as our Food Challenge Team from the Argyle 4-H Club. Grace Real, Levi Nelson, Stockton James, Kenedy DeVoe, and Brittle Brock from the Ag Leadership 4-H Club competed in livestock judging. Grace Real was the third individual overall in the swine division. Stockton James was 10th overall. Kenedy DeVoe was the eighth overall individual in cattle. The entire group placed as the fourth team overall in the cattle division!

Our very own Grace Real was also elected to the Texas 4-H State Council as an at-large delegate. Only six youth in all of Texas 4-H were elected to this position! Erik Dieterich from the Argyle 4-H Club also received a \$10,000 Texas 4-H Foundation Scholarship from the Richard Wallrath Educational Foundation! Our 4-H members did a great job representing Denton County!

AGRICULTURE & NATURAL RESOURCES

Zach A. Davis, Agriculture & Natural Resources Extension Agent

The AG and Natural Resources department had multiple programs to educate citizens in Denton County this June! During the first week, we had our Caring for Backyard Poultry program, a hybrid opportunity for clientele. They could attend in-person in Room 115 of the Carroll Building or log into a Zoom meeting. D&L Feed Store in Denton sponsored the program. A total of forty-two people attended the course presented by Dr. Greg Archer, extension poultry specialist, having your backyard flock.

On June 9th, we had our Pond management program at the outdoor venue, Ranch De la Roca, in Aubrey, TX. Ninety-five attendees were on hand to learn about the pond and eat fried fish! Sponsors for the event included Legacy Ag Credit, Ag America, Dennis Farm Store, and JDNaturescapes. Pesticide applicators were eligible for 1 CEU in this program. In addition to the adult program, the AG and Natural Resources department assisted the 4-H group with the annual validation of all Denton County livestock projects. Validation dates were June 23rd, 27th, and 29th at various sites.



Ninety-five citizens attended the pond management program and fish fry at Ranch De la Roca where they learned about pond management.

 Like and follow us on
facebook
Denton County Agriculture &
Natural Resources

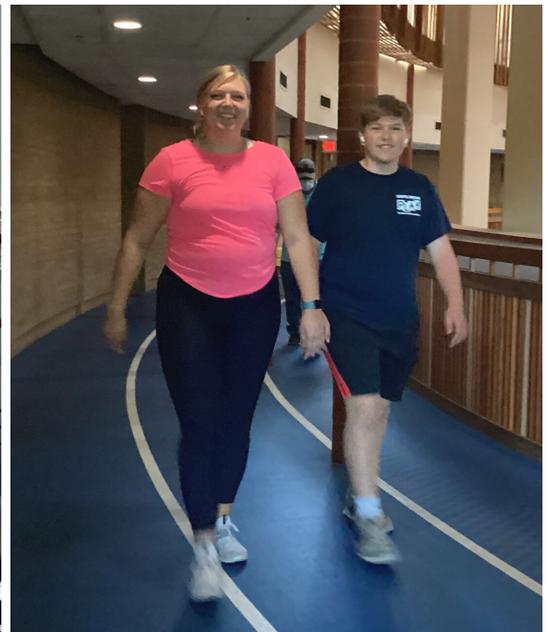


BETTER LIVING FOR TEXANS

Dusty Fife, Better Living for Texans Extension Agent

The month of June was stacked full of programming for BLT Agent Dusty Fife. She started a new Walk N Talk called "Rethink your Drink" with Denton Parks and Recreation participants. With the heat in full effect, she partnered with the Denton Civic Center to offer the Walk N Talk series indoors. This series takes a deep dive into water and other drinks we consume with the same goal as our previous Walk N Talks of walking the distance across Texas (832 miles). Likewise, Agent Fife started two Be Well, Live Well series this month. One is offered to Lewisville residents at the Lewisville Public Library on Monday mornings. The other is open to seniors at the Denton Senior Center. This course is available to seniors 50 and older and teaches techniques to live more independently.

Agent Fife also wrapped up A Fresh Start to a Healthier You with Texas Health and Human Service's Foster Grandparent program. Participants reported increased fruit and vegetable consumption and increased physical activity levels. In addition, they reportedly learned about food safety and how to stretch their dollars at the grocery store. At the end of June, Agent Fife taught children about fruits and vegetables at Farm to Table Camp.



Left: Agent Fife with Be Well, Live Well series participants at the Lewisville Public Library. Right: Walk N Talk participants enjoying the indoor track at the Denton Civic Center.

FAMILY & COMMUNITY HEALTH

Chandani Kothari, Family and Community Health Extension Agent



Left: As part of Farm to Table Camp children harvested vegetables from the Clear Creek Natural Heritage Center's raised garden beds.

June was an exciting time for Family & Community Health, youth, and adults in Denton County. FCH Agent Chandani Kothari kicked off the month by connecting with caregivers at the Denton County Caregiver Conference. Attendees were able to get moving and enjoy refreshing smoothies by going for a spin on our famed blender bike and watched Agent Kothari present a live cooking demonstration of delicious minestrone pasta! All demonstrations were aimed to help caregivers incorporate healthy habits into their everyday lives!

From June 13th-17th, Agent Kothari partnered with Denton Parks and Rec to host a week-long Farm to Table Camp at Clear Creek Natural Heritage Center. Children ages 6-11 learned about MyPlate, safety, fruits, vegetables, grains, protein, and dairy. Throughout the week, children enjoyed participating in various activities, which included harvesting their own fruits and vegetables from a garden, preparing healthy snacks, enjoying live presentations, and more.

In addition, Agent Kothari held a Cooking Well with Diabetes cooking class at the Pilot Point Public Library. Throughout four sessions, Agent Kothari taught nutrition education to help plan meals and prepare food for people living with diabetes. Participants were able to cook diabetes friendly meals together and walked away with delicious recipes to try at home!

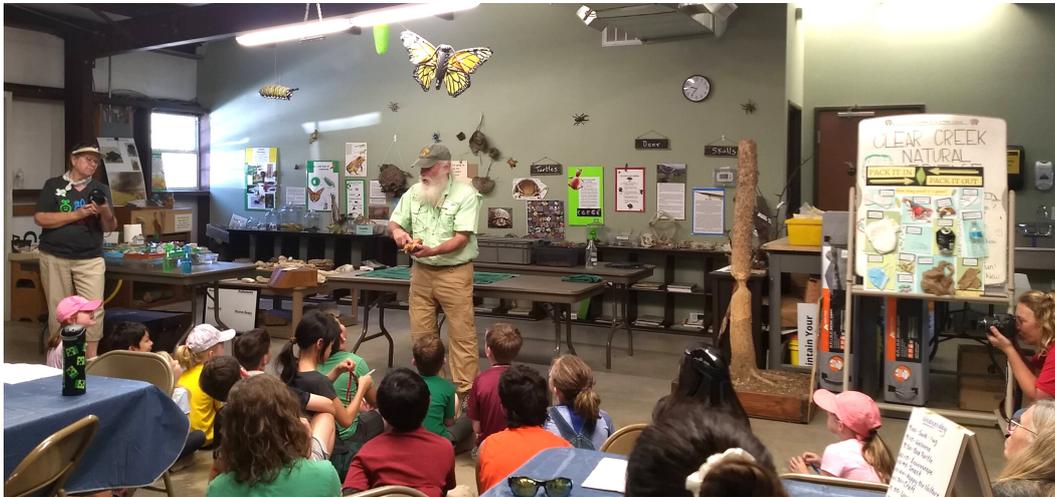
Right: Participants learned about nutrition and meal planning during the Cooking Well with Diabetes class.



 [Like and follow us on](#)
facebook
[Denton County Healthy Happenings](#)

HORTICULTURE

Janet Laminack, Horticulture Extension Agent



Left: Master Naturalist Hugh Franks taught O'SWAt Camp youth about north Texas box turtles. The children enjoyed seeing an adult box turtle and a young box turtle, which is about the size of a Ritz cracker!

The Master Gardeners and Master Naturalists had a spectacular month of programs and community outreach! Master Gardeners hosted their annual Fruit, Vegetable, Herb, and Flower Show on June 18th at Denton County's Historical Park in conjunction with the Community Market. Adult and youth Denton County residents entered their prized fruit, vegetables, herbs, and flowers into the show, competing for ribbons and cash prizes.

Master Naturalists participated in the Juneteenth celebration at Fred Moore Park. They focused on community outreach by providing a booth filled with educational materials, including animal tracks and pelts, snake identification flyers, and Texas native plants.

Master Gardeners, Master Naturalists, and 4-H specialists collaborated with Denton Parks and Recreation to host Outdoor SWAt Camp for youth. At the week-long O'SWAt Camp, children learned about gardening, hydroponics, microgreens, beneficial animals, nutritious foods, and much more!



Left: Master Naturalists engaging community members at Fred Moore Park's Juneteenth celebration. Right: Master Gardeners judging entries at the 2022 Fruit, Vegetable, Herb, and Flower Show at Denton's Historical Park.

UPCOMING EVENTS

Walk N Talk: Rethink Your Drink - Thursdays

Leaders are Readers 7.11 / 7.19 / 7.22 / 7.25

Clover Kids Camp (full) 7.12 - 7.14

4-H Robotics Workshop 7.19

FCH/4-H Bootcamp Day 8.4

North Texas Fair & Rodeo 8.19 - 8.27

Healthy Carbohydrates - Thursdays starting 9.15

Fall into Gardening 9.17

Walk N Talk: Fruit & Vegetable - Wednesdays

starting 9.28 - 11.16

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](#)!



WALK N TALK

RETHINK YOUR DRINK

Take a walk with us!

During this Walk N Talk series, friends, family, and others from the community come together to support one another in a fun, simple way.

**THOSE WHO PARTICIPATE:
ENJOY WALKING WITH FRIENDS
BUILD CONFIDENCE IN CHOOSING HEALTHY BEVERAGES
DEVELOP HEALTHY HABITS WITH EASE
HAVE A GREAT TIME**

Walk 'N Talk is an 8-week series; each session lasts 45-60 minutes. Topics focus on beverages that support hydration, nutrition, and healthy weight.

**FOR MORE INFORMATION
DUSTY FIFE
DENTON COUNTY
940.349.2891**

**TIME AND DATES:
5:30PM
THURSDAYS
JUNE 9TH-AUGUST 18TH**

**LOCATION:
DENTON CIVIC CENTER**

**UNITE, GROW,
PLAY**
Denton Parks and Rec

TEXAS A&M
AGRILIFE
EXTENSION

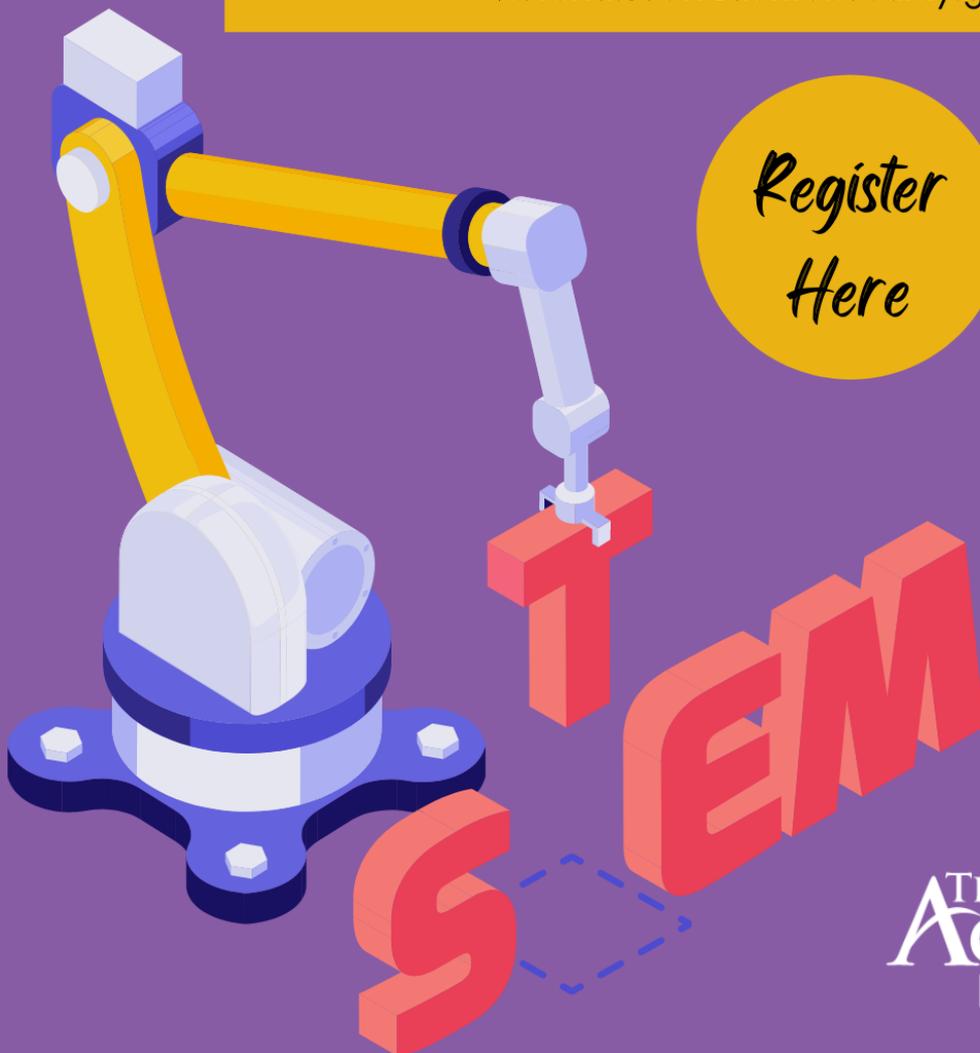
BETTER LIVING FOR TEXANS

4-H ROBOTICS WORKSHOP

Tuesday, July 19, 2022, 1:00 - 4:00 PM
Fair Hall - North Texas Fairgrounds

This workshop is open to youth entering grades 6-12 and are new or interested in joining the 4-H Robotics Project. Youth will learn the basics before attempting to build their own robot. You do not have to be a 4-H member to attend this workshop and there is no cost associated with it.

Questions? Contact 940-349-2884 or
victoria.scott@dentoncounty.gov



Register
Here



TEXAS A&M
AGRI LIFE
EXTENSION



Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

CHANGE YOUR LIFE WITH AGRILIFE!

Thursdays starting September 15th

Healthy Carbohydrates 4 Week Series

45-60 Minute Lessons

Learn how to find the right number of
carbohydrates for your health goal

Learn how to incorporate
carbohydrates into your meals

Meet new friends!



11:30AM-12:30PM

Meet at the Denton Senior Center

Walk N Talk 8 Week Series

45-60 Minute Lessons

Enjoy walking with friends

Add more fruits and veggies to your diet

Develop healthy habits with ease

Try tasty fruit and veggie samples

Have a great time!



9-10 AM

Meet at the Denton Senior Center

SIGN UP TODAY

AT THE SENIOR CENTER'S FRONT DESK

TEXAS A&M
AGRILIFE
EXTENSION

BETTER LIVING FOR TEXANS

UNITE, GROW,

PLAY
Denton Parks and Rec

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife

Save the Date



DENTON COUNTY MASTER GARDENER ASSOCIATION,
UPPER TRINITY REGIONAL WATER DISTRICT &
BEULAH ACRES PRESENT



FALL INTO GARDENING

LEARN TO GROW
&
MANAGE THE FLOW



Saturday, September 17th, 2022
8 am-4:30 pm
Global Spheres Center
7801 S 135, Corinth

FREE CLASSES BY MASTER GARDENERS

- 8:00-10a Rainwater+Watershed
- 10:30a-12p Soil+Soil Nutrition
- 1-2:30p Texas Native Plants
- 3-4:30p Vegetable Gardening

HANDS-ON LEARNING ACTIVITIES
GARDEN TOURS

Box^olunch available to order.



Texas A&M AgrLife Extension provides equal opportunities in all programs and employment to all persons, regardless of race, sex, age, disability, national origin, ancestry, religion, marital status, sexual orientation, or genetic identity. The