Thirty-seven kindergarten-2nd grade youth attended 4-H Clover Kids Camp, which was held over three days at the North Texas Fairgrounds. The campers enjoyed introductory STEM and livestock projects demonstrating what the 4-H program has to offer!

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.
Summer programming was in full swing during July! We hosted several workshops for current and future 4-H members with topics including interview prep, robotics, food & nutrition, and more! We reached over 50 potential new members throughout the month.

One very successful program was our Clover Kids Camp. This camp was for youth entering kindergarten through second grade. Several members of the AgriLife Extension office and volunteers from our Master Gardener and Master Naturalist groups helped host the program. The campers enjoyed learning about STEM, livestock, pollution, and other project areas. A virtual book club called Leaders are Readers was also offered during July. This club consisted of current 4-H members. Each week they met to discuss the book and to learn about leadership.

To wrap up the month, our County 4-H Program Coordinator Colleen kicked off a new partnership with the Denton County Juvenile Detention Center. This summer, the youth will be participating in an introduction to Food and Nutrition project! We are excited to grow this partnership!
July was a busy month of travel and professional improvement for Agent Zach Davis. The National Agriculture County Agents Association (NACAA) AM/PIC meeting was held in West Palm Beach, Florida. Zach attended this year to prepare for the 2024 meeting, which will be proudly hosted by the State of Texas. This year’s meeting provided excellent opportunities for collaboration and networking not only among Texas agents, but also agents and colleagues from across the nation.

After the national meeting, the Texas County Agricultural Agents Association (TCAAA) Professional Improvement Conference in South Padre Island took place the very next week. Agents from around the state met to improve themselves through training and education. The conference also allowed agents to discuss their future programming ideas. Our local staff was very instrumental in helping agents prepare for the annual awards ceremony where volunteers and state leaders are honored each year.
July was eventful for Better Living for Texans (BLT) Agent Dusty Fife. She finished two Be Well, Live Well series with the Denton Senior Center and the Lewisville Public Library. Both of those series yielded a total of 17 graduates of the program. Agent Fife is still conducting the Walk N Talk program with Denton County residents through her partnership with the Parks and Recreation Department. The goal remains the same, walking a combined 832 miles across Texas. However, the lessons are on rehydrating our bodies with healthy drink options.

Mid-July was exciting for Agent Fife as she attended BLT Garden Training in College Station. She learned how to implement two of our garden curriculums for both youth and adult audiences. For example, they learned about sustainable gardening for outdoor learning environments for Texas schools. The youth gardening program is called Learn, Grow, Eat and Go, and the lessons correlate with the TEKS supporting standards for Texas education. Students will learn about plants, what they need to grow, how plants provide for our needs, and how a class can work together to provide for the garden. They learn how to create an easy-to-build and easy-to-maintain thriving garden they will help plant, care for, and harvest.

Towards the end of July, Agent Fife partnered with our Family and Community Health Agent Chandani Kothari to do a Dinner Tonight Fiesta Celebration to honor all of the graduates of our Pilot Point programs. We demonstrated four different menu items that were easy to prepare at home and very affordable to make. The twenty attendees loved learning how easy it is to create these yummy dishes for themselves, save money, and avoid added calories and extra fat.
Two major highlights for FCH agent Chandani Kothari were Walk Across Texas! Wrap-Up event at Flower Mound Senior Center and Dinner Tonight Fiesta Celebration at Pilot Point Public Library.

The 8-week Walk Across Texas! at Flower Mound Senior Center wrapped-up with a fun BINGO activity. BINGO winners walked away with gift cards. 5 WAT! teams with a total of 27 participants walked a total of 6,000 miles in 8 weeks. The top team, with a total of 2,800 miles, was awarded a $100 gift card for Bistecca, courtesy of Orthopedic Associates in Flower Mound. The top individual scored a $50 gift card to Tangerine Salon. Participants received a weekly newsletter with physical activity tips, fun facts, and healthy recipes. They also entered a weekly random drawing for gift cards made possible through generous donations by Flower Mound Foot and Ankle Center. Special thanks to Mary Kay, a Master Wellness Volunteer with AgriLife, who coordinated the event!

Dinner Tonight! at Pilot Point Public Library marked a celebration for participants that attended any of the AgriLife programs. Agent Kothari and BLT agent Dusty Fife demonstrated recipes that complemented the fun ‘Fiesta’ theme for the event. Participants enjoyed samples of four different recipes presented and gained knowledge on nutrition facts, food safety, and meal planning. Everyone walked away with a goodie bag along with recipe cards. There were many door prizes throughout the event!

Besides the two major events, agent Kothari also assisted with the 4-H Clover Kids Camp.
The Master Gardener Association and the Elm Fork Chapter Master Naturalists organized educational speakers for their outstanding monthly meeting programs, which are open to the public.

The Master Gardener Association’s July program was “Ecological Landscaping” presented by Wildscapers Landscape. Attendees learned about water-wise landscaping and native Texas plants. At the August 10th general meeting, Cheryl Huckabee presented “Capturing the Marvel of Seeds: Seed Saving for Beginners.” Suzanne Tuttle will present “Inviting the Prairie into Your Home Garden” on September 14th. Members of the public are welcome to join! Meetings are held online and in person at Global Spheres Center in Corinth.

Master Gardeners have been busy planning for their September “Fall into Gardening” event featuring free classes on rainwater, watershed, vegetable gardening, and much more! They are also planning for the new 2023 Master Gardener intern class.

The Master Naturalists invited Dr. Karen McGraw to present “Protecting Dark Skies for Humans & Wildlife.” This presentation was designed to help attendees understand the effects of light pollution on living things, including themselves, and how to protect dark skies for humans and wildlife. Sam Kieschnick, an Urban Wildlife Biologist with the Texas Parks and Wildlife Department, will present “Wonderful Wasps” on August 18th at the Denton County Elections Building. All are welcome!

Master Naturalists also enjoyed a special presentation through Lewisville Thrive Nature Walks. The talk “Dragons and Damsels” was presented by Michael Fox, a local naturalist, photographer, and odonate (dragonfly) expert.
UPCOMING EVENTS

4-H Gold Star Banquet 8.13
2022-2023 4-H Open Enrollment 8.15
North Texas Fair & Rodeo 8.19 - 8.27
Deer Food Plot Planning 9.1
A Matter of Balance: Fall Prevention - Thursdays 9.1 - 10.20
Healthy Carbohydrates - Thursdays starting 9.15
Fall Strawberry Program 9.15
Fall into Gardening 9.17
Free Hay Clinic 9.22
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!
DO YOU HAVE concerns about falling?

JOIN OUR FALL PREVENTION CLASS.

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:
- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?
- anyone concerned about falls
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

A Matter of Balance is a FREE fall-prevention program that consists of eight workshops

September 1 – October 20, 2022  
(Eight Thursdays)  
9:00 am – 11:00 am

Denia Recreation Center  
1001 Parvin St,  
Denton, Texas 76205

To register call (940)349-8285 or sign up through the Denton Parks website at: www.dentonparks.com

EEO Statement: The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, 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.
Walk N Talk
FRUIT & VEGETABLE

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
  Add more fruits and vegetables into their diet
  Develop healthy habits with ease
  Try tasty fruit and vegetable samples
  Have a great time!

Walk N Talk is an 8-week series, each session lasts 45–60 minutes
Each week, a new fruit or vegetable will be featured

For More Information, Contact
Dusty Fife
Denton County
940.349.2891
dusty.fife@ag.tamu.edu

TIME:
Thursdays @ 5:30pm

LOCATION:
Quakertown Park
700 Oakland St,
Denton, TX 76201

UNITE, GROW, PLAY
Denton Parks and Rec

TEXAS A&M AGRILIFE EXTENSION
 BETTER LIVING FOR TEXANS

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FALL INTO GARDENING

LEARN TO GROW &
MANAGE THE FLOW

Saturday, September 17th, 2022
8 am - 4:30 pm
Global Spheres Center
7801 S I-35, Corinth

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

HANDS-ON LEARNING ACTIVITIES
GARDEN TOURS

Box lunch available to order.

SCAN THIS CODE
OR GO TO DCMGA.COM
TO REGISTER

Texas A&M AgLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, 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.
DENTON COUNTY HAY CLINIC

SEPTEMBER 22ND 2022 @ 5:30PM
FAIR HALL- 2217 N CARROLL BLVD.
DENTON, TX 76201

5:30pm - Check In / Equipment

Demonstration

6:30 - Meal

7:00 - Managing Grassy Weeds with Herbicide's
Monte Rouquette Jr. PAS
Texas A&M Professor

New Herbicide Technologies related to forages
Kelly Pike, Winfield Solutions

FREE HAY TESTING!

A LONG WITH THE PRESENTATION, HAY TESTING WILL BE PROVIDED AT NO CHARGE. YOU MAY SUBMIT UP TO FIVE SAMPLES FOR TESTING.

TO SUBMIT A SAMPLE DROP OFF AT:

DENNIS' FARM STORE
320 BELL PL.
DENTON, TX

DROP OFF DATES
AUG. 22ND-31ST

PLEASE CONTACT COLLEEN @ 940.349.2894 OR COLLEEN.CURTIS@DENTON COUNTY.GOV TO REGISTER!