

March 2023 Recap



Above: Judge Eads and Commissioner Mitchell celebrated with the Master Gardeners at the Flower Mound First Baptist Community Garden's seventh anniversary. Photo courtesy of Eric Morris.

Contact Your County Extension Service



Phone

(940) 349-2882



Email

denton-tx@tamu.edu



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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.

SPRING BREAK AT THE JDC

Colleen Carpenter, 4-H and Youth Development Program Coordinator

As the 4-H Program Coordinator, I collaborated with the Juvenile Detention Center's Therapeutic Programs Coordinator Mindi Ervin to bring an engaging and educational spring break to youth at the JDC. Throughout the week youth learned about reptiles, prepared personal pizzas, and created vegetable garden buckets. The program was such a hit with the youth that many wrote thank you notes. One who graduated out that week wrote, "I never in a million years thought I would've held a live SNAKE!!!...Keep coming back. My last week has been the most memorable. Thank you for everything!!!" Thank you to Mindi, the AgriLife team, Master Naturalists, and Master Gardeners who helped make this special program come to life!



Pizzas



Reptiles



Garden Buckets



Colleen & Mindi

4-H & YOUTH DEVELOPMENT

Steven Baringer, 4-H and Youth Development Extension Agent



Left: Here is our Trivium Academy Team at the FCH Quiz Bowl Contest!
Right: Two 4-H members, Evan Sylvester & Stockton James, exhibited the Reserve Grand Champion and the Grand Champion Market Goats at the Denton County Youth Fair.

March was very busy for our 4-H members, parents, and volunteers. This month ended Major Show Season in Texas and welcomed the Denton County Youth Fair. We had several 4-H members participate in the majors and youth fair, representing us well. In the youth fair alone, 61 members exhibited 236 projects. Those projects include members who showed Livestock and those who participated in the Home Economics or Environmental Science Shows. We even had a few members participate in the public speaking contest!

Also during March was our District IV Spring Roundup. This event consisted of qualifying and invitational contests. Once again, our 4-H members were among the best. Our FCH Quiz Bowl Team from Trivium Academy won their contest, and our Horse Quiz Bowl Team from our Silver Saddle Club got second place.

Our 4-H Program Coordinator, Colleen Carpenter, led a series of programs at the Denton County Juvenile Detention Center during spring break. You can read more about it on the previous page. Thank you, Colleen, for leading this effort!

BETTER LIVING FOR TEXANS

Dusty Fife, Better Living for Texans Extension Agent



Our largest program is Walk N Talk with Brent Elementary in Little Elm. Participants meet weekly and band together to walk 832 miles during this eight week program with BLT.

March was one for the record books for BLT! I started two new programs with Thrive Recreation Center in Lewisville, including A Fresh Start to a Healthier You and Walk N Talk. The Walk N Talk program series is popular. Participants band together to walk the distance across Texas (832 miles). They log their steps for eight weeks to accomplish this feat. It is also one of my favorite programs because it lets me get to know the participants individually. My new Walk N Talk series with Brent Elementary in Little Elm continues to attract a large group!

Lastly, 4-H Program Coordinator Colleen Carpenter and I visited Brockett Elementary weekly to present healthy vegetable recipe demonstrations from the Learn, Grow, Eat, and Go curriculum. We engage 95 fifth-grade students at Brockett. Likewise, we had fun building six new garden beds for each of the 95 students to plant something in the new gardens. Brockett staff, Texas A&M AgriLife, and I were highlighted in a news story with the Pilot Point Post Signal discussing the Learn, Grow, Eat, and Go program series they are doing with Brockett Elementary.

FAMILY & COMMUNITY HEALTH

Chandani Kothari, Family and Community Health Extension Agent

Spring is off to an excellent start for our Family & Community Health Department! On March 1st, I conducted the final training session for our Master Wellness Volunteer Program. I am pleased to announce that our three new volunteers passed their certification exams with flying colors! This exam assures that each proud volunteer has the tools and knowledge to represent our County Extension Service through various programs and events.

With warm weather returning to North Texas this month, it was the perfect time to kick off Walk Across Texas Youth at Lake Dallas Middle School! Over 800 students will complete this eight-week program designed to help our youngest Texans establish the habit of regular physical activity using a fun and motivating team approach. Each team may include an unlimited number of students, all working together towards the goal of 832 miles to make their way across the state of Texas.

March 28th was a special day for our FCH and our BLT departments because the Denton County Commissioners Court proclaimed the month of March 2023 as Extension Living Well Month! Office staff, a few of our dedicated Master Wellness volunteers, and I were present to accept the proclamation and give thanks. Our goal at AgriLife Extension is to encourage lifelong health and well-being for every person, every family, and every community in Denton County.



On March 28th the Denton County Commissioners Court proclaimed the month of March 2023 as Extension Living Well Month. Thank you to our Judge and Commissioners!

HORTICULTURE

Janet Laminack, Horticulture Extension Agent



Above: Judge Eads, Commissioner Mitchell, CCA president Gilbert Montez, and Agent Laminack gathered with Master Gardeners to celebrate the seventh anniversary of the Flower Mound First Baptist Community Garden, which donates produce to foodbanks.

On April 23, I joined community leaders Commissioner Bobbie Mitchell and County Judge Andy Eads in celebrating the Flower Mound First Baptist Community Garden's seven years of operation. This garden nourishes the neighborhood by providing space and education to tend your own garden. The bounty of the produce goes to area food banks such as Christian Community Action (CCA).

I had the privilege of presenting herb gardening to the new crop of Master Gardener interns as part of their rigorous training program. These interns are already quite active in the community volunteering for the Denton County Master Gardener program.

My horticultural advisory board met via zoom to put some nuts and bolts together for our upcoming June classes. Three advisory board members will be conducting the trainings.

Master Gardeners began work at The Grove at the Sandy Jacobs Building in Carrollton. This fruit and nut orchard is a collaboration with Commissioner Falconer's office and the county. Spring tasks include pruning back the grapes and trying to tame the blackberries.

Lastly, I collaborated on youth garden projects with Colleen Carpenter at the JDC and Dusty Fife at Brockett Elementary. The Science With Attitude team reached 829 youth at Lance Thompson Elementary, and I ended the month judging the horticulture category at the Denton Youth Fair where the youth put up a tough competition.

UPCOMING EVENTS



Private Pesticide Applicator Training - 4/13

Cooking Well for Healthy Blood Pressure - 4/14, 4/21, 4/28

Red River Equine Summit - 4/15

Sheep & Goat Education - 4/27

Master Gardener Plant Sale (open to public) - 4/29

Master Gardener Garden Tour (open to public) - 5/13

Fruit, Vegetable, Herb, & Flower Show - 6/17

Soil Samples & Fertilizers for Landscapers - 6/21

Irrigation & Watershed for Landscapers - 6/28

For more information on these programs go to <https://denton.agrilife.org/> or call us at 940-349-2882
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