



## Contact Your County Extension Service

---



### Phone

(940) 349-2882



### Email

[denton-tx@tamu.edu](mailto:denton-tx@tamu.edu)



### Facebook

[DentonAgriLife](#)



### Instagram

[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.

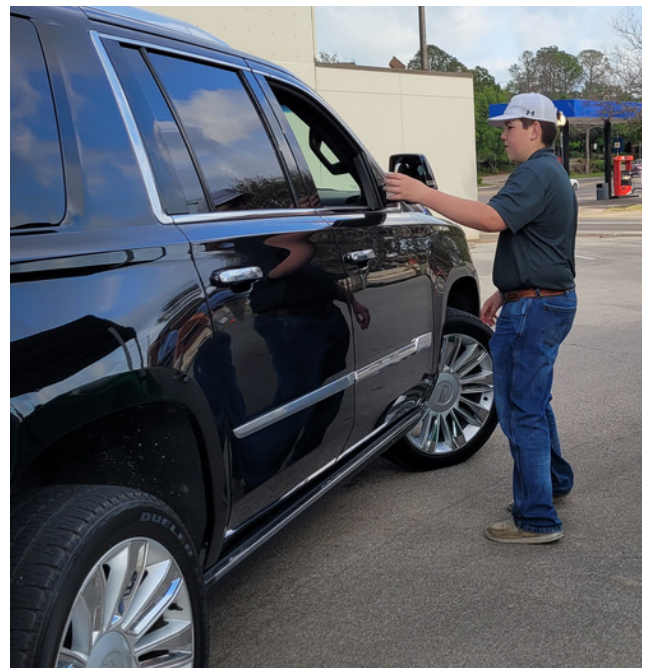
If you are interested in participating in any of the mentioned AgriLife Extension educational programs throughout the year, please feel welcome to do so.

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.



# WE APPRECIATE OUR VOLUNTEERS

APRIL WAS VOLUNTEER APPRECIATION MONTH. WE CELEBRATED OUR VOLUNTEERS BY PROVIDING A DRIVE-THRU APPRECIATION EVENT, WHERE STUDENTS PROVIDED DONUTS AND COFFEE. WE APPRECIATE OUR VOLUNTEERS FOR MAKING OUR PROGRAM A SUCCESS!



# 4-H & YOUTH DEVELOPMENT

*Steven Baringer, 4-H and Youth Development Extension Agent*



The AgriLife station featured a lesson about MyPlate where students were able to make their own trail mix.

The Krum AG Day was an exciting event where middle school students had the opportunity to learn about various agriculture-related topics.

The day began with a presentation from Southwest Dairy Farmers and their Mobile Dairy Classroom. Students then attended different stations learning about raising livestock as a part of their 4-H or FFA project, discovering wildlife, and building healthy eating habits through MyPlate. They participated in a hands-on activity where students learned the importance of ear-notching swine.

Overall, the day was a fun and educational experience for the students, giving them a greater understanding and appreciation of the agricultural industry.

Thank you, Krum ISD, for inviting us out!



# AGRICULTURE & NATURAL RESOURCES

*Zach A. Davis, Agriculture & Natural Resources Extension Agent*

The AG department coordinated the District 4 livestock judging contest. The district contest, sponsored by a local business, experienced an impressive 100% growth in participation this year.

The competition challenged participants to judge eight classes of livestock and provide oral reasoning for their placements. The event was an excellent opportunity for young individuals interested in livestock production to showcase their skills and knowledge. The participants demonstrated their ability to evaluate livestock based on breed characteristics, structure, and performance data, as well as their ability to communicate their reasoning and defend their placings to judges.

This contest is an important opportunity for the community to support and encourage the next generation of livestock producers and help develop their skills in the industry. The successful event, with its significant increase in participation, indicates a bright future for the livestock industry in the area.



*The senior livestock judging contestants*

# BETTER LIVING FOR TEXANS

*Dusty Fife, Better Living for Texans Extension Agent*



*The BLT program helps people make healthy meals, improve their physical fitness, save money at the grocery store, grow their own foods, and adopt better food safety habits.*

April was another busy month for BLT! I continued working with Thrive Recreation Center to bring two more programs to their location. One of the programs is Be Well, Live Well, which focuses on nutrition and increasing physical activity in adults over 50. The other program we started was Healthy Carbohydrates. This program promotes a healthful eating pattern to prevent or delay diet-related chronic diseases.

The successful partnership with the Lewisville Public Library produced a Walk N Talk focusing on increasing fruit and vegetable intake and physical activity levels. Likewise, the Walk N Talk I am doing with Brent Elementary Parents is about to end. We continue working with Brockett Elementary on the Learn, Grow, Eat, and Go curriculum. What a fantastic experience it has been to watch little plants start to grow from the seeds they planted. Stay tuned to hear about new partnerships and programs that are in the works with Our Daily Bread and the Public Health Department.



# FAMILY & COMMUNITY HEALTH

*Chandani Kothari, Family and Community Health Extension Agent*

April kicked off with an eight-week long fall prevention program. I collaborated with North Texas Area Agency on Aging to offer A Matter of Balance- a program designed to reduce the fear of falling and increase activity levels among older adults. Seniors at the Brenda Button Mills Senior Centre in Little Elm are learning to overcome their fear of falling and get moving to enjoy the outdoors!

I also wrapped up a Cooking well For Healthy Blood Pressure series at Flower Mound Senior Centre. Participants enjoyed preparing recipes using spices and herbs instead of salt. One of the participants tried a recipe at her home and said it was approved by her family. Participants learnt about the DASH diet and took home recipes and cooking tools that help them plan and prepare salt free but delicious meals at home.



*Agent Kothari and Employee Wellness Coordinator Toni Rose gave the Denton County Lunch & Learn health talk express presentation on "Power to Prevent Diabetes." Participants walked away with tools to assess their risk and a portion plate.*

# HORTICULTURE

*Janet Laminack, Horticulture Extension Agent*



Above: SWAT volunteers taught students how to create “Plant People”, similar to chia pets, with grass seeds, soil, and stockings. Master Naturalists hosted a booth at the annual Denton Redbud Festival. Master Gardeners held their annual Plant Sale fundraiser.

Our Science with Attitude (SWAT) volunteers supported many schools during this busy month. Notably, they taught 324 students and 209 adults how to make seed balls, sprout seeds with paper towels, and create chia pets during Wellington Elementary Science Night.

The Denton ISD School Days field trips at Clear Creek concluded at the end of April. Elm Fork Master Naturalists served 23 schools and 2,723 students, teachers, and parents during this spring project. The Master Naturalists also reached 287 Denton County residents during the Denton Redbud Festival. Lastly, volunteers lead educational activities, native milkweed giveaways, nature walks, and pocket prairie plantings during the Lewisville Thrive Nature Park’s Spring Cleanup & Mariposas Festival.

The Master Gardeners held the annual Plant Sale last Saturday at Trinity United Methodist Church. Attendees left with Texas native plants, no-fuss roses, and pass-along plants from Master Gardeners’ own gardens, and much more. We are looking forward to the Garden Tour on Saturday, May 13th!



# UPCOMING EVENTS



**Lone Star Healthy Streams (Free to everyone) - 5/05**

**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  
Don't forget to like and follow us on [Facebook](#) and [Instagram](#)!

