



## Contact Your County Extension Service

---



### **Phone**

(940) 349-2882



### **Email**

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



*Above: Record Book Judging*

As the school year is wrapping up, 4-H youth are engaging in the process of creating 4-H Record Books which demonstrate a remarkable dedication to personal growth and development. 4-H Record Books serve as a powerful tool for self-assessment, showcasing the breadth and depth of a participant's involvement in various areas such as agriculture, leadership, community service, and creative arts. The process encourages youth to reflect on their experiences, identify areas for improvement, and set new goals for personal and professional growth.

During the last two months, clubs have been meeting to work on them together. We have also offered two county-wide workshops to help everyone complete their record books. Our 4-H members will submit them to the county contest. The top book in each category will advance to the district contest later this summer.

Through the completion of their 4-H Record Books, our 4-H kids not only gain a sense of accomplishment but also develop lifelong skills that will empower them to thrive in their future endeavors. Their dedication to self-improvement and commitment to personal development make them shining examples of the positive impact that 4-H programs have on young people's lives.

# AGRICULTURE & NATURAL RESOURCES

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



*Above: Agent Davis presenting on Wheat Production.*

Texas A&M Agrilife hosted a Wheat Producers Meeting on May 11, 2023, to educate participants about new sugar cane aphid-resistant wheat varieties.

The event featured presentations, and interactive sessions. Attendees learned about the characteristics and benefits of the resistant wheat strains, exchanged knowledge, and gained confidence in their cultivation.

The meeting successfully enhanced agricultural practices and addressed the challenges posed by sugar cane aphids in wheat production.

# 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.*

The month of May has proven to be quite busy. For eight weeks, I had the pleasure of walking with 24 Brent Elementary parents in Little Elm. We walked the water's edge of Lake Lewisville to reach our goal of walking 832 miles (distance across Texas). The Walk N Talk (WNT) program helps participants to create a behavior change in their walking habits. This program has been successful in getting people to continue to walk daily, even after the program has ended. Likewise, I finished another WNT with my Lewisville Library Walkers at Edmonds Central Park. We had so much fun walking each week and learning about different fruits and vegetables. Another WNT series I am currently doing is with Texas Health and Human Service's Foster Grandparent program. I am so fortunate to be doing another program with this group of individuals.

After I finished the Be Well, Live Well program series at Thrive Recreation Center in Lewisville, we started the Healthy Carbohydrate four-session series to teach healthful eating patterns to prevent or delay diet-related chronic diseases. Furthermore, the 91 students from Brockett Elementary in Aubrey completed the ten-week Learn, Grow, Eat, and Go program. Also, an abundance of fresh vegetables was harvested from the six new garden beds. At the end of May, the partnership with the Texas Department of Public Health resulted in a special edition Mommy and Me WNT with WIC mothers. Lastly, several meetings occurred in the month of May to schedule future programming.

# FAMILY & COMMUNITY HEALTH

*Chandani Kothari, Family and Community Health Extension Agent*

Family & Community Health along with Denton County 4-H & Youth Development recently partnered with Lake Dallas Middle School to host the Falcon Foodies Dinner Tonight Event! Myself, 4-H, and the LDMS Falcon Foodies presented a live cooking demonstration for friends and family to sample.

The students were able to show off the skills they learned during their time in our partnered Falcon Foodies Cooking Class. Recipes included delicious enchilada rice, spinach quesadillas, and red leaf lettuce and strawberry salad.

I'm proud to say that we recognize Lake Dallas Middle School as a Healthy School Recognized Campus because of their commitment to supporting and encouraging health throughout the life course.



*Principle Randall Caldwell speaking to the parents of Lake Dallas Middle School and providing information on the Falcon Foodies program.*

# HORTICULTURE

*Janet Laminack, Horticulture Extension Agent*



*Above: A group of Denton County Master Gardener docents, who served at the annual Garden Tour.*

*Below: Find our Master Naturalist outreach booth at many Denton County events.*

The Master Gardeners held their annual Garden Tour in May. The Garden Tour featured four beautiful gardens located in Denton, Lake Dallas, and Oak Point. Master Gardener docents stood by to educate visitors on landscape design, native and adapted plants, shade gardening, and more. The Master Gardeners reported a combined 2,083 garden visits that day, which means they made quite an impact on the community! Looking ahead to next year, the tour will feature gardens in the Flower Mound and Double Oak.

At their monthly chapter meeting, Master Naturalists learned about the American kestrel tracking project. The speaker, Maddy Kaleta, is currently studying American kestrels in Denton County to examine annual survivorship and movement ecology of migrant kestrels. The Master Naturalists also served at the Honey Run 5k and 10k event.



# UPCOMING EVENTS



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

**Validation Dates - 06/22 & 06/29**

**Outdoor SWAt Camp - 06/26-06/29**

**Mommy & Me Walk 'N Talk - Every Thursday through June  
(6pm-7pm at Quakertown Park)**

**4-H & FCH One Day Camp - 07/06**

**4-H Clover Kids Camp - 07/11-07/14**

**Farm-to-Table Camp 07/17-07/21**

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](#)!

