



### Contact Your County Extension Service

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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.

# 4-H & YOUTH DEVELOPMENT

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



*Above: Denton County 4-H members attending the Denton County 4-H Gold Star Banquet.*

**THE DENTON COUNTY 4-H GOLD STAR AWARDS BANQUET TOOK PLACE ON AUGUST 12TH AT THE DENTON COUNTY ADMINISTRATIVE COURTHOUSE. THE EVENT WAS A CELEBRATION OF DEDICATION, EXCELLENCE, AND HARD WORK DEMONSTRATED BY THE YOUNG MEMBERS OF THE 4-H PROGRAM. WITH A STRONG COMMITMENT TO PERSONAL GROWTH AND COMMUNITY SERVICE, THE PARTICIPANTS SHOWCASED THEIR ACHIEVEMENTS IN VARIOUS AREAS. WE WOULD LIKE TO THANK ALL OF OUR ELECTED OFFICIALS FOR ATTENDING AND OUR SPONSORS AS WELL. IN ATTENDANCE WAS DENTON COUNTY JUDGE ANDY EADS, COUNTY COMMISSIONERS BOBBIE MITCHELL AND KEVIN FALCONER, STATE REPRESENTATIVES KRONDA THIMESCH, BEN BUMGARNER, AND RICHARD HAYES. OUR SPONSORS INCLUDED DENTON COUNTY FARM BUREAU, DENTON KIWANIS CLUB, TERRY & HEATHER JOHNSON FAMILY, LONE STAR AG CREDIT, AND DENTON COUNTY AG COMMITTEE.**

**THE BANQUET WRAPPED UP THE END OF OUR 4-H YEAR AND KICKED OFF THE NEW ONE! 4-H CLUBS ARE STARTING TO HAVE THEIR FIRST MEETING AND GET PREPARED FOR THE 2023-2024 4-H YEAR. WE CAN'T WAIT TO SEE WHAT IT ALL BRINGS.**



# AGRICULTURE & NATURAL RESOURCES

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

I ATTENDED THE NACAA CONFERENCE IN IOWA, A 3-DAY EVENT FOCUSING ON AGRICULTURAL ADVANCEMENTS. EVERYONE PARTICIPATED IN WORKSHOPS COVERING DIVERSE TOPICS LIKE TECHNOLOGY IN FARMING AND SUSTAINABLE PRACTICES. NETWORKING LED TO VALUABLE CONNECTIONS, INCLUDING A RESEARCHER IN SOIL HEALTH. THE KEYNOTE SPEECH DISCUSSED THE FUTURE OF FARMING AMID GLOBAL CHANGES. EVERYONE IN ATTENDANCE EXPLORED INNOVATIVE TOOLS AND EQUIPMENT IN THE EXHIBITION HALL. OVERALL, EVERYONE LEFT WITH ENHANCED KNOWLEDGE, CONNECTIONS, AND RENEWED ENTHUSIASM FOR THEIR ROLE AS AN AGRICULTURAL AGENT.

ALSO, OUR WEEK-LONG BOOTH AT THE NORTH TEXAS FAIR AND RODEO WAS A DYNAMIC EXPERIENCE. WE ENGAGED WITH DIVERSE ATTENDEES, DISCUSSING OUR EDUCATIONAL PROGRAMS AMIDST THE VIBRANT FAIR AND RODEO ATMOSPHERE. THIS ALLOWED US TO GENERATE LEADS AND CONNECT WITH RODEO ENTHUSIASTS. THE EVENT BOOSTED BRAND AWARENESS AND PROVIDED INSIGHTS INTO MARKET TRENDS AND COMMUNITY INTERESTS, LEAVING US WITH VALUABLE CONNECTIONS AND ENHANCED RECOGNITION.



*Above: Participants at the NACAA Conference.*

# BETTER LIVING FOR TEXANS

*Better Living for Texans Extension*

Recipe of the Month

## CORN AND GREEN CHILI SALAD



*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.*

CILANTRO, LIME JUICE, AND GREEN ONIONS ADD A DELIGHTFUL TASTE TO THIS CORN SIDE DISH. TRY USING FRESH CORN WHEN IT IS IN SEASON.

### INGREDIENTS:

2 CUPS CORN (FROZEN AND THAWED)  
1 CAN DICED TOMATOES WITH GREEN CHILIES (10 OUNCE)  
1/2 TABLESPOON VEGETABLE OIL  
1 TABLESPOON LIME JUICE  
1/3 CUP GREEN ONION (SLICED)  
2 TABLESPOONS CILANTRO (FRESH CHOPPED)

### DIRECTIONS:

WASH HANDS WITH SOAP AND WATER.  
COMBINE ALL INGREDIENTS IN A MEDIUM BOWL.  
MIX WELL.

### COOK TIME: 10 MINUTES

MAKES: 4 SERVINGS  
TOTAL COST: \$

### NUTRITION INFORMATION:

SERVING SIZE: 1/4 OF RECIPE  
SHOW FULL DISPLAY  
NUTRIENTS AMOUNT  
TOTAL CALORIES 96  
TOTAL FAT 3 G  
SATURATED FAT 0 G  
CHOLESTEROL 0 MG  
SODIUM 297 MG  
CARBOHYDRATES 18 G  
DIETARY FIBER 2 G  
TOTAL SUGARS 6 G  
ADDED SUGARS INCLUDED 0 G  
PROTEIN 3 G  
VITAMIN D 0 MCG  
CALCIUM 23 MG  
IRON 1 MG  
POTASSIUM 313 MG

N/A WILL DISPLAY WHEN NUTRIENT DATA IS UNAVAILABLE

PLEASE NOTE: NUTRIENT VALUES ARE SUBJECT TO CHANGE AS DATA IS UPDATED

SOURCE: HEALTHY LATINO RECIPES MADE WITH LOVE, CALIFORNIA DEPARTMENT OF HEALTH SERVICES, CALIFORNIA LATINO 5-A-DAY CAMPAIGN.

# FAMILY & COMMUNITY HEALTH

*Chandani Kothari, Family and Community Health Extension Agent*

I WRAPPED UP A OF MATTER OF BALANCE WORKSHOP AT LAKE FOREST GOOD SAMARITAN VILLAGE. 12 SENIORS LEARNED TO REDUCE THEIR FEAR OF FALLING BY LEARNING TO VIEW FALLS AS CONTROLLABLE, SETTING GOALS FOR INCREASING ACTIVITY LEVELS, MAKING SMALL CHANGES TO REDUCE FALL RISKS AT HOME, AND EXERCISE TO INCREASE STRENGTH AND BALANCE. WE INVITED MATT BONANDER, A PHYSICAL THERAPIST TO THE WORKSHOP. HE PROVIDED SOME USEFUL TIPS ON BUILDING MUSCLE STRENGTH AND DEMONSTRATED HOW TO SAFELY GET UP AFTER A FALL.

I ALSO ATTENDED DISTRICT IV TEAFCS MEETING WHERE WE LEARNED HOW TO MAKE THE BEST USE OF THE RESOURCES AVAILABLE TO US AND TWEAK LESSONS TO MEET THE NEEDS OF OUR CLIENTELE.

FINALLY, WE ARE HAVING A WONDERFUL GROUP OF YOUTHS AND ADULTS AT THE MOMMY AND ME, WALK N TALK AT DENTON CIVIC CENTRE. THIS IS A PROGRAM OFFERED TO ALL THE WIC CLIENTS IN PARTNERSHIP WITH DENTON COUNTY PUBLIC HEALTH. THE GOAL OF THE PROGRAM IS TO WALK THE 830 MILES ACROSS TEXAS IN 8 WEEKS WHILE ALSO LEARNING ABOUT FUN FACTS OF DIFFERENT FRUITS AND VEGETABLES.



*Above: A Walk N Talk participant making a smoothie on the blender bike.*



# HORTICULTURE

*Horticulture Extension*

## WELCOME JADE FLOWERS

**ADMINISTRATIVE ASSISTANT III - HORTICULTURE**

**JADE FLOWERS IS A TEXAS NATIVE. IN 2016, SHE OBTAINED HER BACHELOR'S DEGREE IN STRATEGIC COMMUNICATIONS FROM THE UNIVERSITY OF NORTH TEXAS. HER BACKGROUND INCLUDES WORK IN MANAGEMENT, MARKETING AND COMMUNICATIONS, THOUGH SHE HAS ALWAYS HAD A PASSION FOR FARM LIFE AND PRACTICAL HOMESTEAD PRACTICES. BEING A PART OF THE TEXAS A&M AGRILIFE EXTENSION SERVICES COMMUNITY IS AN OPPORTUNITY TO COMBINE HER LOVE FOR CONNECTING WITH PEOPLE AND CONTINUED LEARNING OF ALL THINGS NATURE RELATED.**



# UPCOMING EVENTS



**Labor Day Office Closure- 09/04**

**Health Talk Express Power to Prevent Diabetes at Lewisville  
Public Library - 09/08**

**A Matter of Balance - 09/08-10/27**

**Emergency Preparedness Fair Cooking School - 09/23**

**Hay Clinic - 09/14**

**Fall Into Gardening - 09/30**

**Senior Wellness Expo Health Fair at Golden Triangle Mall - 10/20**

**Water Bath Canning Workshop at Martin Luther King Jr. Rec  
Center - 11/09**

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](#)!

