

September 2023 Recap



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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 hosting the Denton County 4-H Project Fair.

THE DENTON COUNTY 4-H PROJECT FAIR WAS A RESOUNDING SUCCESS, DRAWING A REMARKABLE CROWD EAGER TO EXPLORE THE DIVERSE WORLD OF 4-H CLUBS AND PROJECTS. HELD ON AUGUST 27, THIS EVENT PROVIDED AN INVALUABLE OPPORTUNITY FOR PROSPECTIVE MEMBERS AND THEIR FAMILIES TO GET A FIRSTHAND LOOK AT THE VIBRANT 4-H COMMUNITY. THE TURNOUT WAS NOTHING SHORT OF IMPRESSIVE, WITH ATTENDEES OF ALL AGES FLOODING IN TO DISCOVER THE MYRIAD OF CLUBS AND PROJECTS ON DISPLAY. FROM AGRICULTURE AND LIVESTOCK TO SCIENCE, ARTS, AND LEADERSHIP INITIATIVES, THE OPEN HOUSE HIGHLIGHTED THE WIDE RANGE OF EDUCATIONAL AND HANDS-ON ACTIVITIES AVAILABLE TO YOUTH. ENTHUSIASTIC 4-H MEMBERS WERE ON HAND TO SHOWCASE THEIR OWN PROJECTS AND SHARE THEIR EXPERIENCES, MAKING IT EASY FOR NEWCOMERS TO ENVISION THEIR OWN JOURNEY WITHIN THE ORGANIZATION. WE HAD APPROXIMATELY 175 PEOPLE IN ATTENDANCE TO HELP US KICK OFF THE NEW 4-H YEAR THAT STARTED ON SEPTEMBER 1ST. WE ARE ON TRACK FOR A GREAT 4-H YEAR WITH OUR CURRENT ENROLLMENT NUMBER AT 216 MEMBERS!

WE ARE LOOKING FORWARD TO CELEBRATING NATIONAL 4-H WEEK FROM OCTOBER 1-7! 4-H MEMBERS ATTENDED THE COMMISSIONERS COURT ON SEPTEMBER 26, 2023, WHERE THE COURT ISSUED A PROCLAMATION RECOGNIZING THE WEEK. 4-H MEMBERS WILL BE CELEBRATING IN THEIR OWN WAY THROUGHOUT THE WEEK AND COME TOGETHER FOR ONE DAY 4-H TO VOLUNTEER ON SATURDAY, OCTOBER 7TH AT SHILOH FIELDS.

AGRICULTURE & NATURAL RESOURCES

Zach A. Davis, Agriculture & Natural Resources Extension Agent

THE AGRICULTURE DEPARTMENT RECENTLY ORGANIZED A SUCCESSFUL HAY CLINIC, DRAWING A TOTAL OF 71 ATTENDEES. THIS EVENT PROVIDED VALUABLE INSIGHTS AND INFORMATION TO FARMERS AND AGRICULTURAL ENTHUSIASTS REGARDING HAY PRODUCTION, MANAGEMENT, AND BEST PRACTICES. EXPERTS IN THE FIELD SHARED THEIR KNOWLEDGE, OFFERING PRACTICAL ADVICE ON TOPICS SUCH AS HAY HARVESTING, STORAGE, AND QUALITY ASSESSMENT. THE EVENT FOSTERED NETWORKING AND KNOWLEDGE-SHARING AMONG PARTICIPANTS, CONTRIBUTING TO THE ENHANCEMENT OF HAY-RELATED SKILLS WITHIN THE AGRICULTURAL COMMUNITY. IN ADDITION TO THE IN-CLASSROOM EDUCATION, LOCAL EQUIPMENT DEALER ASCO SHOWCASED CUTTING EDGE TECHNOLOGY ON NEW EQUIPMENT.



Above: Participants at the Hay Clinic.

BETTER LIVING FOR TEXANS

Better Living for Texans Extension

Recipe of the Month

CAMELIZED MUSHROOM AND VIDALIA ONION RISOTTO



Caramelizing Vidalia onions brings out complex and delicious flavors. Mushrooms add meatiness without significant calories. Add these to risotto made with brown rice -- providing whole grains and a nutty flavor -- and you have a deliciously healthful dish.

INGREDIENTS

- 1 VIDALIA ONION (THINLY SLICED VERTICALLY)
- 2 TABLESPOONS CANOLA OIL (DIVIDED)
- 1 POUND CREMINI MUSHROOMS (SLICED)
- 1 CUP SHORT-GRAIN BROWN RICE
- 1/4 CUP DRY WHITE WINE
- 2 CUPS LOW-SODIUM VEGETABLE OR CHICKEN BROTH
- 3 CUPS WATER
- 1 1/2 CUPS FROZEN PEAS
- 1/4 CUP REDUCED-FAT PARMESAN CHEESE

NUTRION INFORMATION

SERVING SIZE: 1/4 RECIPE

TOTAL CALORIES	380
TOTAL FAT	10 G
SATURATED FAT	2 G
CHOLESTEROL	5 MG
SODIUM	270 MG
CARBOHYDRATES	58 G
DIETARY FIBER	6 G
TOTAL SUGARS	10 G
ADDED SUGARS INCLUDED	0 G
PROTEIN	12 G
VITAMIN D	0 MCG
CALCIUM	150 MG
IRON	3 MG
POTASSIUM	569 MG

DIRECTIONS

1. HEAT 1 TABLESPOON CANOLA OIL IN A 10-INCH SKILLET OVER MEDIUM HEAT. (DO NOT USE NON-STICK SKILLET.)
2. ADD VIDALIA ONIONS AND STIR TO COAT WITH THE OIL. STIRRING OCCASIONALLY, LET COOK UNTIL BROWN (ABOUT 30 MINUTES).
3. REMOVE VIDALIA ONIONS FROM PAN, AND SET ASIDE.
4. WIPE PAN CLEAN. HEAT REMAINING OLIVE OIL IN PAN AND BROWN MUSHROOMS (ABOUT 15 MINUTES).
5. WHILE MUSHROOMS AND VIDALIA ONIONS ARE BROWNING, COOK RISOTTO AS FOLLOWS.
6. HEAT WINE AND RICE IN POT; STIR UNTIL WINE IS ABSORBED.
7. MIX BROTH AND WATER TOGETHER.
8. INCREASE HEAT TO MEDIUM-HIGH; STIR IN 1 CUP OF WATER-BROTH MIXTURE.
9. COOK UNCOVERED, STIRRING FREQUENTLY, UNTIL LIQUID IS ABSORBED.
10. CONTINUE STIRRING AND ADD REMAINING WATER-BROTH MIXTURE, 1 CUP AT A TIME, ALLOWING EACH CUP TO BE ABSORBED BEFORE ADDING ANOTHER.
11. ADD PEAS TO RICE WITH LAST CUP OF LIQUID.
12. COOK UNTIL RICE IS TENDER AND MIXTURE HAS A CREAMY CONSISTENCY, APPROXIMATELY 1 HOUR.
13. GENTLY STIR IN CAMELIZED VIDALIA ONIONS, MUSHROOMS, AND CHEESE. LET SIT ABOUT 5 MINUTES AND SERVE.

COOK TIME: 1 HOUR | MAKES: 4 SERVINGS | TOTAL COST: \$\$

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

SOURCE: PRODUCE FOR BETTER HEALTH FOUNDATION

FAMILY & COMMUNITY HEALTH

Chandani Kothari, Family and Community Health Extension Agent



Above: Our agent, Chandani Kothari, hosting a "Fresh Start to a Healthier You" at the Little Elm Public Library.

A 4-WEEK SERIES OF "A FRESH START TO A HEALTHIER YOU" WAS OFFERED AT LITTLE ELM PUBLIC LIBRARY. PARTICIPANTS LEARNED ABOUT FOOD SAFETY, MEAL PLANNING, SAVING MONEY AT THE GROCERY STORE AND WAYS TO INCREASE FRUIT AND VEGETABLE CONSUMPTION.

OUR MASTER WELLNESS VOLUNTEERS HAVE BEEN KEEPING BUSY THIS MONTH. MASTER WELLNESS VOLUNTEER JOHN CORKERY PRESENTED "POWER TO PREVENT DIABETES - A RESEARCH-BASED SEMINAR" TO RAISE AWARENESS ON PREDIABETES AND DIABETES AT THE LEWISVILLE PUBLIC LIBRARY. LYN RAY IS CO-COACHING "A MATTER OF BALANCE" ALONG WITH AREA AGENCY ON AGING AT LEWISVILLE THRIVE.

WE PARTICIPATED IN THE 1ST ANNUAL DENTON COUNTY EMERGENCY PREPAREDNESS FAIR HELD ON SEPTEMBER 23RD. WE DEMONSTRATED RECIPES THAT CAN BE EASILY PREPARED DURING AN EMERGENCY/DISASTER OR POWER OUTAGE. WE ALSO PROVIDED INFORMATION ON HOW TO STORE FOOD SAFELY DURING A POWER OUTAGE AND VARIOUS RESOURCES THAT CAN HELP US BE PREPARED FOR AN EMERGENCY.



Above: Our Family and Community Health Department recently partnered with the Denton County Office of Emergency Management on the 1st annual Denton County Preparedness Fair!

HORTICULTURE

Horticulture Extension



Above: Photo courtesy of Beulah Acres in Corinth, TX.

THIS MONTH OUR DENTON COUNTY MASTER GARDENER ASSOCIATION IN PARTNERSHIP WITH BEULAH ACRES AND THE UPPER TRINITY REGIONAL WATER DISTRICT PRESENTED “FALL INTO GARDENING,” AN EVENT DESIGNED TO HELP INFORM AND CONNECT WITH THE PUBLIC ABOUT PLANNING AND CULTIVATING YOUR LANDSCAPE. WE WELCOMED KEYNOTE SPEAKER STEVE HUDDLESTON, A SENIOR HORTICULTURIST FOR THE FT. WORTH BOTANIC GARDEN FOR 26 YEARS AND NOW PUBLIC RELATIONS MANAGER FOR THE BOTANICAL RESEARCH INSTITUTE OF TEXAS, AS HE PRESENTED “RESIDENTIAL LANDSCAPE DESIGN.”

WITH NEARLY 200 ATTENDEES, WE DISCUSSED IN-DEPTH THE BEST APPROACH TO PLAN AND PREPARE YOUR LANDSCAPE, INCLUDING SMALL SPACE GARDENING, SOIL & COMPOSTING TECHNIQUES, AND METHODS TO SELECT AND GROW PLANTS. BETWEEN THE ABUNDANCE OF KNOWLEDGE OFFERED, THE GARDEN TOURS AND EVEN A KID ACTIVITY ZONE, THERE WAS FUN TO BE HAD BY ALL AGE GROUPS AT “FALL INTO GARDENING.”

OUR MASTER GARDENERS HAVE ALSO BEEN BUSY VOLUNTEERING AT FIRST REFUGE OF DENTON’S COMMUNITY STRONG FARM, A 14 ACRE FARM IN DENTON CREATED TO HELP FEED FAMILIES IN NEED OF ASSISTANCE.



Above: Master Gardeners hard at work at Community Strong Farms, a branch of First Refuge of Denton Food Bank. In partnership, Community Strong Farms has produced over 2,500# of their own veggies for families in need of assistance.

UPCOMING EVENTS



**Denton County One Day 4-H
October 7**

**Denton County Food Challenge
October 9**

**Private Pesticide Applicator Training
October 19**

**Senior Wellness Expo Health Fair at Golden Triangle Mall
October 20**

**Water Bath Canning Workshop
November 09**

**Controlling Your Blood Pressure
November 10**

**Senior Health Fair at Flower Mound Senior Center
December 9**

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](#)!

