MAKINGA DIFFERENCE

HARRIS COUNTY QUARTERLY NEWSLETTER





Cooperative Extension Program



WORKING ON WELLNESS

Mindfullness: Chair Yoga

2019 AG SUMMIT

The State of Southeast Texas
Agriculture

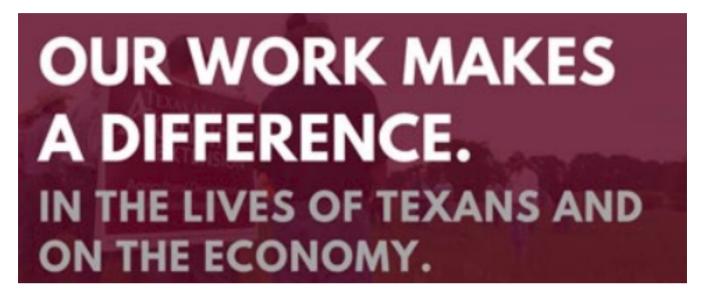
THE ART OF THE STARTUP

Foodpreneurs Event



Extension Education in Harris County

Howdy and Welcome to Harris County!



Vision: Help Texans better their lives

Mission: Through the application of science-based knowledge, we create high-quality, relevant continuing education that encourages lasting and effective change.

Capabilities: We provide programs, tools, and resources local & statewide that teach people how to improve agriculture and food production, advance health practices, protect the environment, strengthen our communities, and enrich youth.

Cover Image: County Extension Agent – Horticulture, Skip Richter, joined other area horticulturists for the November 18, 2019 showing of KHOU 11's Great Day Houston with Deborah Duncan. Skip answered community and audience questions and was supported by his Texas A&M AgriLife Extension Service and Prairie View A&M – Harris County coworkers, in studio.

LET'S TALK: A LETTER FROM THE DIRECTOR





Texas A&M AgriLife Extension Service - Harris County



2019 was a great year for Texas A&M AgriLife Extension Service, full of change and progress. We welcomed new staff, volunteers and county Extension agents. We are transitioning to a new office location, creating a strategic plan and have been building partnerships that will have a lasting and positive impact for our department. We're proud to be working with a wide range of dedicated caring volunteers and organizations that allow us to reach thousands of youth and families each year.

In 2019, there were 1,306 volunteers that volunteered more than 149,916 hours of their time to lead, teach or support an educational program in the areas of Agriculture, Family and Community Health, 4-H and Youth Development, Community Economic Development or Horticulture for AgriLife. These educational programs are geared to teach our clientele how to improve agriculture and food production, advance health practices, protect the environment, strengthen our communities and enrich our youth.

We have continued to make great progress with our YMCA, Girls Inc, and Boys and Girls Club partners. Harris County was identified to join the Imagine Science Initiative awarded to support the operation of planning, implementation, and evaluation of the project. The goal of the initiative focuses on: a) helping youth to build knowledge, skills, attitudes, and behaviors about STEM and STEM career pathways; b) enhance existing capacity to connect with and engage diverse and underserved youth; c) introduce innovations in coordinated STEM programming driven by the community-determined needs of youth, and d) develop a set of delivery strategies to encourage connection with STEM throughout the school year, in coordination with community systems, schools, and families. Throughour combined efforts, we have reached more than 870 youth from our partnership.

The success of our organization is the community's success. With the ongoing support of our County Commissioner's Court, donors, partners, Leadership Advisory Board and volunteers, Texas A&M AgriLife Extension Service will be positioned for the challenges and achievements ahead in 2020.

If you have any questions, please feel free to contact the Extension office at 713-274-0950.

Respectfully,

David D. Wright

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February

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pgs 10-11: COMMUNITY & ECONOMIC DEVELOPMENT

ENTREPRENEURSHIP

During National Entrepreneurship Month, agent Nate Peterson works with his CED Program Area Committee and Specialists to innovate an event around current and potential entrepreneurial opportunities for limited-resource communities.

pgs 12-21: AGRICULTURE & NATURAL RESOURCES / HORTICULTURE

PARTNERSHIP

AgriLife Extension agents continue to build strengthening relationships through their educational workshops/programs. Read how such dedication and commitment has lead to sustainable, beneficial, and valuable partnerships.

pgs 22-27: FAMILY & COMMUNITY HEALTH

NUTRITION & HEALTH

Interns and volunteers dedicate their time along with Texas A&M AgriLife agents to provide research-based educational information about the importance of self-care, nutrition, and health.

WELCOME TO HARRIS COUNTY

ERICA VAZQUEZ

Harris County's EFNEP Nutrition
Education Associate, Erica Vazquez,
joined our team in August of 2019. She
graduated from Texas A&M University
with a degree in Health Education. In
her spare time, Erica enjoys going to
the gym and spending time with friends
and family. She loves working with
EFNEP and having the opportunity to
teach people about food and physical
activity and how it can make an impact
in your overall health and wellness.



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ZACH GIBLIN

Harris County's Nutrition Education Associate, Zach Giblin, joined our team in September of 2019. He graduated from Texas State University with a degree in Family and Consumer Sciences with an emphasis in Human Nutrition and Foods. He worked for Wellspring Camps as a Head Coach to help adolescents and young adults learn to make lifestyle changes to live a healthier life for 2 summers. He then went to work as a Substitute Teacher for Austin Independent School District for 1.5 years. In his spare time, Zach enjoys camping and hiking, practicing mixed martial arts, and spending time with his family. He enjoys his work at EFNEP, especially being able to work with a team to help children learn the importance of a healthy diet for optimal health.



Novembe Rabbit Clinic

Agent: Brittney Ivey

Harris County 4-H provided services for those who show or want to show rabbits with a Rabbit Clinic on November 2, 2019 in Crosby, TX. Harris County 4-H thrives to make sure the youth of Harris County have opportunities to learn and better themselves in all project areas. The Rabbit Clinic provided knowledgeable guest speakers from Boling Bunny Farm and Texas Cages presenting various topics on show meat or breeding rabbits. The attendees were provided with information on best practices in feed, caging, selection, care, showmanship, and much more! Attendees had the opportunity to ask questions about what they needed more help with in their own project or their future project.

Some attendees brought their own animals to get advice from the experts on improving their rabbit. Participants shared their appreciation for this event and hope to see more in the future.











Kids Kows and More Ag Literacy Day

RASHAYLA JOHNSON

Several members of the Harris County extension team conducted the Kids Kows and More Ag Literacy Day event at the Boys and Girls Club newest location on the Southside of Houston. The 2-hour event, designed to help connect kids to agriculture, was held on September 13, 2019. A representative from the Southwest-Southland dairy farmers gave a live presentation on dairy cattle. Sandra Pierce gave a presentation on bee keeping. The EFNEP department gave a presentation on My Plate, Kerry Kennedy presented Learn, Grow, Eat & Go, and Brittney Ivey gave a presentation on Path to the Plate. The Boys and Girls club provided the facility and the youth. A total of 95 youth and 21 volunteers participated.





Above: Harris County Nutrition Education Associate Zach Giblin giving a My Plate presentation.

Below: Harris County 4-H Agent Brittney Ivey presenting Path to the Plate.





Above: Children learning about dairy cows with the help of Southwest-Southland Dairy Farmers mobile classroom.



THE ART OF THE STARTUP: F

This year, during National Entrepreneurship Month, the Community & Economic Development Unit of the Cooperative Extension Program wanted to recognize the importance and increased demand for food security, creative culinary arts, and food truck entrepreneurship in our limited-resources communities. On November 13th, Agent Nate Peterson implemented the Art of the Startup: Foodprenuers Program to recognize and highlight local creative culinary artists and food truck entrepreneurs and their recipes for success. More than 72 participants, including Carl Wunsche Sr. & Dekaney High School's culinary art students of Spring ISD, professionals, and business owners, attended the event. The following topics were covered:

- Steps to Starting a Business in Texas
- Texas Cottage Food Laws
- Food Prep & Nutrition Label
- Funding a Business
- How to Develop a Business Plan
- Food Truck Success

The Art of the Startup experienced an 80% increase in registration and participation since its implementation in 2017. Agent Nate Peterson worked with his CED Program Area Committee and Specialists to innovate the event around current and potential entrepreneurial opportunities for limited-resource communities. Overall, 90% of the participants were highly satisfied with the quality of the event, location, speakers, and are looking forward to participating in Harris County's upcoming 2020 CED programs.



CED Committee Member Mrs. Jane Jackson

OODPRENEURS EVENT

Agent: CEP, Natriez "Nate" Peterson



The complimentary food truck was provided by Keynote Speaker Chef County Lindsey, Owner of Houston Sauce Co.



Agriculture and Natural Resources CEP agent Kim Perry presenting on Texas Cottage Food Laws.

AGRICULTURE & NA

2019 AG SUMMIT: THE STATE OF S

By ANR Agent Shannon Dietz

The first annual 2019 Ag Summit: State of Southeast Texas Agriculture was held on Wednesday, December 11, 2019 at NRG Center in Houston, Texas. Over 150 participants from Harris, Fort Bend, Chambers, Brazoria, Liberty and Jefferson counties attended this educational event that was co-hosted by Texas A&M AgriLife Extension Service and the Houston Livestock Show and Rodeo™. Attendees heard from a variety of distinguished speakers on topics such as the Farm Bill for 2020, Disaster and Recovery Management, and the future of agriculture in Southeast Texas, specifically concerning hemp production.

Leaders from several state agencies were on hand with welcoming comments such as Dr. Dan Hale, Associate Director, Texas A&M AgriLife, Gary Six with USDA and Gene Hall with Farm Bureau. Tommy Turner, President of the Texas Rice Council provided an update on the current rice farm situation in Southeast Texas as well as a brief history of important grain grown in the region.



ATURAL RESOURCES

SOUTHEAST TEXAS AGRICULTURE

Over 20 vendors representing various agricultural industry businesses and organizations showcased their programs and services, offering valuable information to participants.

Additional major sponsors for the event included Texas Department of Agriculture, Bayou City Hemp and Ag Workers Insurance who provided lunch.



Closing out the event was Joel Cowley, President and Chief Executive Officer for the Houston Livestock Show and Rodeo™. He provided the audience with the history of the rodeo, economic impact of the rodeo on Houston and the educational resources and scholarships they provide to hundreds of students throughout the State of Texas.



WOMEN IN AGRICULTURE

Prairie View A&M
Cooperative Extension Program
ANR Agent Kimberly Perry



Ashley Pellerin, Extension Program Specialist I - Ag ar Resources at Prairie View A&M University and Prairie \ Cooperative Extension Agriculture Agent Kimberly Pe

On October 4, 2019, Prairie View A&M Cooperative Extension Program Agriculture and Natural Resources Agent Kimberly Perry teamed up with University of Houston Downtown's Dr. Lisa Morano, who is the Director of the Center for Urban Agriculture and Sustainability. Together they put forth their first, very successful and powerful, "Women in Agriculture" conference.

The conference was held at the new University of Houston Downtown science building which is LEED Gold certified for urban sustainability. The goal of the conference was to address common agriculture topics that may be of interest to women. This wonderful collaboration focused on topics selected primarily by women within the agricultural realm which is typically not the case.

The keynote speaker Dr. Dawn Mellion-Patin, Vice Chancellor for Extension and Outreach at Southern University Agricultural Research & Extension Center, set the tone for the day by delivering a powerful speech relating to the many challenging roles women must play and the importance of self-care.

The conference covered an array of topics such as the benefits of backyard chickens presented by husband and wife team and business owners Nicole and Micheal Gram from the Garden Hen. Also included were inspirational stories from Mrs. Gina Brown who educated the audience on her trials and tribulations of starting a pecan orchard. She was followed by Ms. Nell Wheeler, from Metal Rain Tanks, LLC., who discussed the often over looked benefit of rain water harvesting.

Dr. Nelson Daniels, specialist for the Prairie View Cooperative Extension program, discussed the basics of how to develop a business plan which tied in nicely with Mr. Paul Winski (Horticulture Agent for Texas A&M AgriLife Extension) as he provided knowledge about the new and innovative technology within agriculture. The audience was graced by the vast 14+ years of vegetable growing knowledge of Harris County Master Gardener Ms. Teresa See as she discussed the many benefits of establishing a vegetable garden.

Lastly but certainly not least Ms. Cath Conlon from Blackwood Educational Land Institute, in Hempstead, TX., who provided the crowd with the brilliant and viable path of her farm and educational institute as it related to sustainable agriculture and the future.



At the end of the day the conference provided a melody of knowledge, solutions, benefits, and positivity; and the team hopes to organically grow it bigger and even better in 2020.

Special thanks to the committee members, volunteers and the 143 participants who signed up and made this conference a huge success.

2020 - Ready or not, here we come!

HORTIC



Harris County Maste

Each year, the Horticulture Department holds an annual Texas Master Gardener Volunteer Training, led by Master Gardener Program Coordinator, Brandi Keller. Master Gardeners are trained to assist AgriLife Extension in reaching its mission to bring relevant, research-based information in horticulture to the public. When members of the community are accepted for the Volunteer Training Course, they understand the class will be twelve weeks long and they have a commitment to complete 60 volunteer service hours within one year. What isn't quite appreciated until sitting in the classroom is that 78 hours of education on 22 different topics comes from twelve speakers that include Texas A&M AgriLife Extension County Agents,

Specialists, Professors, Texas Master Gardeners, and other Extension Staff. Some of the topics included each year are water conservation, botany, entomology, vegetable gardening, pesticide safety, woody ornamentals, organic gardening and more.

Once the class finishes, September is the first full month in which new Interns start volunteering independently. This past year, we welcomed 38 Interns, and, by the start of fall, they had already completed over 100 total service hours. This is also the time when volunteers from the previous year's class have met all their requirements and graduate to become Certified Master Gardeners.





ULTURE

Gardener Program

By: Brandi Keller, Master Gardener Program Coordinator





On September 10, 2019, Harris County welcomed 22 new Certified Texas Master Gardeners. They have supported numerous areas within the Master Gardener Program, such as Cylinder Gardening, Ask a Master Gardener, Speaker's Bureau, Genoa Friendship Gardens, Green Thumb Gardening Series, and Open Garden Day Youth Activities. With a combined total of almost 2.000 service hours in a year, this year's graduating class has shown an enthusiasm to learn and to educate about horticulture, work as a team and give back to their very own community.





Know & Grow Workshop

Agents Involved: Paul Winski & Robert "Skip" Richter

The Know & Grow Workshop is a one-day educational session for the green industry. The conference is presented by Texas A&M AgriLife Extension with industry experts speaking about disease and pest issues, beneficial insects and integrated pest management.

The Know & Grow Workshop provides the perfect platform for the greenhouse and nursery grower to come together for updates on the latest in pest control management. The conference also offered 5 Texas Department of Agriculture Continuing Education units for certified pest control applicators.

The workshop included the following topics:

- Evaluating Your Integrated Pest Management Program
- Emerging Disease Issues in the Green Industry
- Pesticide Laws & Regulations Update
- Emerging Pests and Recent Advancements in Their Control
- Biopesticides and Beneficial Insects as Part of Your Pest Control Program

The workshop was attended by 20 people. Their evaluations of the program indicated an increase in knowledge on all five topics.



Dr. Kevin Ong presenting emerging disease issues at the workshop.

ULTURE

Houston Urban Tree Conference



The Houston Urban Tree Conference educational session was presented by Texas A&M AgriLife Extension in partnership with the Houston Area Urban Forestry Council (HAUFC) and International Society of Arboriculture-Texas (ISA-TX) in November 2019 at the Weekley Community Center.

Proper tree care is an ongoing battle due to the environmental stresses faced by trees growing in an urban setting. Arborists and landscape maintenance technicians need to stay up to date on the latest technologies and practices in order to provide quality service for their customers/clientele. This program focused on trainings and strategies to aid in urban forest/tree management.

The workshop included the following topics.

- Emerald Ash Borer Coming to a City Near You
- Scanning the Horizon for the Future of Arboriculture
- Using Tree Growth Regulators to Reduce Pruning Costs
- Aquaholics Anonymous: How to Cope with Your Landscape's Drinking Problem
- Greening the Houston Region Partnerships and Projects that Support the Urban Forest
- ISA and TNLA CEUs were available

Seventy-three people attended this workshop and 61% indicated that they anticipated an economic benefit as a direct result of what they learned from conference.

Harris County
Juvenile
Probation
Youth
Horticulture
Program

Agent Involved: Meagan Terry

The class took a field trip to Hope Farm (Recipe for Success) on November 15th with 7 students which was a success! Students saw farm production of fall vegetables, chickens and harvested eggs. Huge salads were made with fresh vegetables and fruit. They learned about farm management, harvesting, and basic culinary skills.





Wednesday mornings have between 15-20 boys per class and 5-10 girls per class, depending on the day. Curriculum is set by the Principal, Sherida Barnes, and lessons are drawn up through the National Ag in the Classroom Lesson Matrix and Junior Master Gardener curriculum.



FAMILY & COMN

FALL CIRCLE OF LEARNING CHILD CARE PROVIDERS CONFERENCE

Agents involved: Dr. Sonja Stueart-Davis, Amanda Krippel, Te'Anna Reed

Eighty individuals attended the 2019 Fall Circle of Learning Child Care Providers Conference. The presenters did an excellent job providing those who work with infants, toddlers and young children with a wealth of information related to Brain Development, Immunization/Vaccine Preventable Diseases, Diversity and Inclusion, Handling the Hard to Handle, Eat-Play-Learn: Creating a Culture of Health and Outdoor Classrooms: Nature and Gardening.



UNITY HEALTH

Agent: Dr. Sonja Stueart-Davis

5th Ward GO Neighborhoods Quarterly Healthy Fair

Texas A&M AgriLife Extension-Harris County continues the partnership with Legacy Clinic Community Health, 5th Ward Go Neighborhood and Target Hunger to address food insecurity and its impact on chronic disease in the 5th Ward Community. Research shows that food insecurity can have a significantly negative impact on a person's health, including higher rates of chronic diseases and mental health issues. Seventy-five individuals attended the 5th Ward Go Neighborhood Wellness Fair.





AgriLife provided food demos of an Alaskan Pollok Fish served with creamy mashed potatoes. Individuals received screening for high blood pressure and diabetes, resources in the community and fifty pounds of fresh produce was provided by Target Hunger. Rice University students volunteered and helped with the food preparation along with C. Stueart, Master Wellness Volunteer. Over \$200 in food was donated for the food demo.

FAMILY & COMMUNITY HEALTH

Agent: Dr. Sonja Stueart Davis

WORKING ON WELLNESS



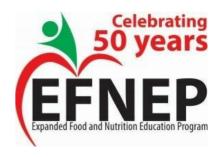
As part of the Working on Wellness (WOW) 6-Week Challenge, a small group participated in a Mindfulness Chair Yoga Lunch and Learn Session. Stretching, relaxation and breathing were basic concepts taught by Meagan Terry, Harris County Youth Horticulture Program Coordinator. Agent Davis provided an overview of the impact of stress on the body and finding activities that individuals enjoy to relieve stress.

PEAS IN A POD

On November 1st, Agents Sonja Davis, Amanda Krippel and Rashayla Johnson conducted an Enriching Family Mealtime Presentation at Fonwood Early Childhood Center as part of the Houston Independent School District's Peas in a Pod Project. Parents were provided information on how to involve kids in meal planning, preparation, cleaning and were provided tips to assist with picky eaters. Parents were provided with conversation starters for the dinner table and ways to engage family members during dinner. Participants prepared taco soup and peach yogurt delight, both from the Dinner Tonight website.



What is EFNEP?



The Expanded Food and Nutrition Education Program (EFNEP) is a flagship nutrition education program funded by USDA's National Institute of Food and Agriculture (NIFA). We are located in every state of the U.S. territory and administered by the land-grant university in each state. In Texas, we are administered by Texas A&M AgriLife Extension Service and Texas A&M University System. Since 1969 EFNEP has worked in the most populated Texas counties.

In Harris County, EFNEP assists low-income families, particularly those with young children to acquire knowledge, skills, and behavior change necessary for nutritionally sound diets and contributing to the improvement of the total welfare of more than 16,000 families.

Trained EFNEP Nutrition Education Assistants and Associates offer a series of classes for adults or youth in English, Spanish and Vietnamese. These nutrition education series address healthy eating, family meal planning, food purchasing basics, food safety, basic food preparation, and the importance of including physical activities in daily life. Through hands-on cooking demonstrations and physical activity breaks, we encourage our participants to make small changes that have large impacts on their lives and the lives of their families.

In 2019 we were proud to celebrate 50 years of EFNEP education! For more information on EFNEP classes please visit our website <u>efnep.tamu.edu</u> or like us on Facebook at <u>facebook.com/HarrisTXEFNEP</u>.

CEP Active Parenting - Teens in Action

By Family and Community Health CEP Agent Alfredo Alberto

A partnership was established between Cooperative Extension Program- Prairie View A&M University (Harris County) and Carl Wunsche Senior High School in Spring, Texas to implement the Character Development series under the Active Parenting – Teens in Action program. The Teens in Action curriculum helps adolescents to build courage and positive self-esteem, to become cooperative individuals who can work well in groups, and to communicate effectively with others.

PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTUR
AND HUMAN SCIENCES

Cooperative Extension Program

"CEP Active Parenting- Teens in Action program has helped me shape my lesson plans, helped my seniors hold themselves more accountable, and help them in their graduate requirement in presenting their Capstone project."

> Stephanie Galloway, Career and Technical Education (CTE engineering) teacher at Carl Wunsche Sr. High School.

Family & Community Health





Character Development Program



Team building activity where students worked together to flip over a sheet using only their feet and no hands. Students learn to lean on each other and work as a team.



HORTICULTURE

HORTIC

Event: Fruit Tree & Tomato Sale at Pasadena

Fairgrounds

Date: February 22, 2020

Time: 9 am - 1 pm

Location: Campbell Hall at Pasadena Fairgrounds

Address: 7600 Red Bluff Rd.

Pasadena, TX 77507 Contact: Brandi Keller

brandi.keller@ag.tamu.edu

Event: Spring Tomato, Pepper, Vegetable & Perennial

Sale at Weekley Park Date: March 7, 2020 Time: 9 am - 12 pm

Location: Richard & Meg Weekly Park

Address: 19110 Longenbaugh

Cypress, TX 77433 Contact: Brandi Keller

brandi.keller@ag.tamu.edu

Event: Cy-Fair Home & Gard

Date: March 21, 2020 Time: 9 am - 12 pm Location: Berry Center

Address: 8877 Barker Cypre

Cypress, TX 77433 Contact: Brandi Keller

brandi.keller@ag.tamu.edu

Event: Peppers, Perennials,

Fairgrounds

Date: March 21, 2020 Time: 9 am - 1 pm

Location: Campbell Hall at F Address: 7600 Red Bluff Rd

Pasadena, TX 77507 Contact: Brandi Keller

brandi.keller@ag.tamu.edu



ULTURE

FAMILY & COMMUNITY HEALTH

len Show at the Berry Center

ess Road

and Herb Sale at Pasadena

Pasadena Fairgrounds

Event: Master of Memory Class Series

Dates: February 19th, 26th

March 4th, 11th, 18th and 25th

Time: 11 am - 12:30 pm

Location: Tom Bass Community Center

Address: - 15108 Cullen Blvd. Houston,TX 77047

Contact: Amanda Krippel amanda.krippel@ag.tamu.edu

Event: Master of Memory Class Series

Dates: February 4th 9:30 – 10:30

February 11th 11:00 – 12:00

February 18th, 25th 9:30 – 10:30

March 4th ,10th 9:30 – 10:30

Location: BakerRipley Ripley House

Address: 4410 Navigation Blvd, Houston, TX 77011

Contact: Amanda Krippel amanda.krippel@ag.tamu.edu

IN COOPERATION WITH ...

Lina Hidalgo, Harris County Judge Rodney Ellis, Commissioner, Precinct 1 Adrian Garcia, Commissioner, Precinct 2 Steve Radack, Commissioner, Precinct 3 R. Jack Cagle, Commissioner, Precinct 4

Making A Difference Quarterly Newsletter

Volume 20, Issue 1 February 2020

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Cooperative Extension Program

