

MAKING A DIFFERENCE

Harris County

Spring 2019, Issue 1

TEXAS A&M
AGRILIFE
EXTENSION



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

Cooperative Extension Program

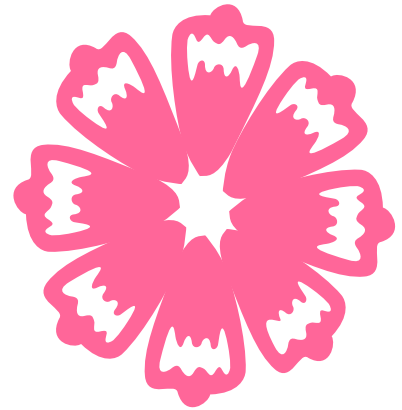
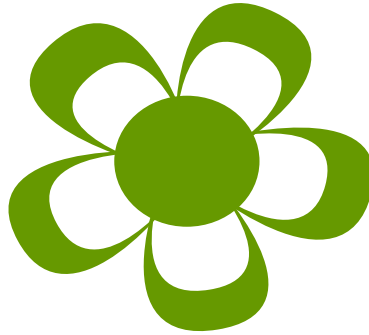
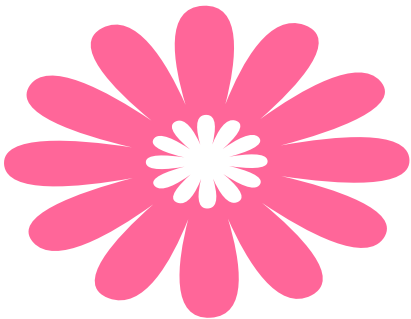
NEWSLETTER



Texas A&M AgriLife Extension Service – Harris County is positioned to assist residents in our communities and better their lives by searching for solutions to their problems.

FOOD FOR SHARED THOUGHT

By: Lutrina Harrell



Spring is the season of new beginnings. It is the time when fresh buds bloom, animals awaken and the earth seems to come to life again. Farmers and gardeners plant their seeds and temperatures slowly rise. The spring season, in other words, is full of transformations.

When spring rolls into our lives, we start to pick up the slack that winter left behind. It is a time, too, when our immune systems are awakening as well. Spring is a season in limbo between the winter and summer months, so nothing is absolute about the weather.

Spring may have its drawbacks to our health with fluctuating allergies in the changing of seasons, but overall it is a positive season of new beginnings in weather, agriculture, and self-awareness to take care of ourselves, our communities, and our surroundings.

Yes, spring helps us to realize the importance of embracing and adapting to change over time.

Take this spring season as a chance to participate in some community service, tending simultaneously to your environment as well as yourself. Help write the chapter of new beginnings this spring in creating positive outcomes for all areas of nature, agriculture, and our health.



Reference: <https://www.mnn.com/earth-matters/wilderness-resources/stories/the-meaning-of-the-spring-season>

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6-9 / FAMILY & COMMUNITY HEALTH

LEADER OF THE PACK

Dr. Sonja Stueart-Davis is honored for her devoted & outstanding service to the Master Wellness program. Read her congratulatory story as she expresses gratitude to the Master Wellness Volunteers and their contributions to helping the citizens of Harris County live a healthier lifestyle.

10-15 / 4-H & YOUTH DEVELOPMENT

COMMUNITY EVENTS

From food to Kids & Kows & More, take a ride on the 4-H train of youths who are working to making a difference in their communities and the AgriLife Extension agents who are right by their side spear-heading such fun events.

16-17 / COMMUNITY EDUCATIONAL DEVELOPMENT

THE RISE OF THE ENTREPRENEUR

Through his daily mantra of "Let's Be Great," CED Agent Nate Peterson has been an inspiration to many. Meet a Prairie View A&M University graduate candidate who has incorporated entrepreneurial business practicum into her own educational and professional background.

18-19 : AGRICULTURE & NATURAL RESOURCES / HORTICULTURE

HEALTHY GARDENING

Gardening can be fun, relaxing, and educational. Many do it as a hobby or simply for recreation. Either way, let's go inside CEP Horticulture Agent, Kimberly Perry, hands-on event and discover the benefits of gardening.

LET'S TALK: A LETTER FROM THE DIRECTOR

How Leaders Instill Inspiration in the People They Lead



The inspirational leader feels passionate about the vision and mission of the organization. They are also able to share that passion in a way that enables others to feel passionate too. Shared passion makes Texas A&M AgriLife Extension Service soar in the accomplishment of our mission and vision.

The nature of the vision and mission is critical for enabling others to feel as if their work has a purpose and meaning beyond the tasks they perform each day. Sometimes leaders help their staff or volunteers connect the dots by explaining the big picture to all. Communicating the big picture and interpreting our programs regularly will help reinforce the reason Texas A&M AgriLife Extension Service exists.

The inspirational leader listens to the people in their organization. Talking to people about our passion is not enough. To share meaning - a favorite and meaningful definition of communication - you must allow the ideas and thoughts of our staff/volunteers to help form the vision and mission, or minimally, the goals and action plan. No one is ever one hundred percent supportive of a direction they had no part in formulating. People need to see their ideas incorporated - or understand why they were not.

We are committed to engaging our staff, volunteers and partners to help us identify the critical issues/needs for our clientele in Harris County. In the coming weeks, you will learn more about the Texas Community Future's Forum (TCFF). The community open forum allows citizens to identify and prioritize issues important to our county. The issues identified by our community leaders will help guide our agency's programs for the next several years.

LEADERSHIP IS ABOUT MAKING OTHERS BETTER AS A RESULT OF YOUR PRESENCE AND MAKING SURE THE IMPACT LASTS IN YOUR ABSENCE.

We thank you for your continued support of our educational programs. We look forward to a productive and prosperous 2019!

Respectfully,

David D. Wright

County Extension Director – Harris County

Harris County AgriLife Extension Program Areas



4-H & YOUTH DEVELOPMENT

Youth develop new skills, learn cooperation, develop leadership abilities, improve their citizenship, and have fun.



FAMILY & COMMUNITY HEALTH

FCH focuses on topics such as child and adult health, nutrition, child care, financial management, community safety, and building strong families.



COMMUNITY & ECONOMIC DEVELOPMENT

CED serves as a resource and assistance center for limited resource families and individuals in pursuit of increasing their standard of living through entrepreneurship, community program participation, home ownership, and government assistance programs.



AGRICULTURE & NATURAL RESOURCES / HORTICULTURE

ANR focuses on teaching proper care and management of agricultural production operations which can include crop management, soil, livestock production, pesticide education, and more.

Horticulture promotes research-based horticultural practices that help residents create beautiful, productive gardens and landscapes while conserving water and other natural resources.

CONGRATULATIONS!!!!



Dr. Sonja Davis was awarded the 2018-2019 Superior Service Award – Volunteerism on behalf of all the Harris County Master Wellness Volunteers on January 8, 2019.

This award is the highest honor conferred by Texas A&M AgriLife Extension to faculty and staff who have excelled in their job performance.

To be nominated, recommended, and selected for this special award is a process involving co-workers and peers on the Extension Honor Awards Committee, and the Extension administration. It is high praise for her outstanding accomplishments.

Since 2013, the Harris County Master Wellness Volunteers have served as advocates for Texas A&M AgriLife Extension Service and substantially increased the scope and impact of the Harris County Family & Community Health unit.

Harris County has 32 trained volunteers who have reached over 21,552 citizens and contributed an estimated 1,715 volunteer hours, valued at an estimated \$38,373.72.

Congratulations on earning the AgriLife Extension Superior Service Award!





FAMILY AND COMMUNITY HEALTH

Circle of Learning Child Care Provider's Conference

Einstein said, "It is the supreme art of the *teacher* to awaken joy in a creative expression and knowledge"



Family & Community Health held its annual Circle of Learning Child Care Provider's Conference at the Trini Mendenhall Community Center on October 13, 2018.

The Circle of Learning Child Care Provider's Conference was so beneficial. Such a powerful and personal conference because its focus was educating participants about the quality of child care, the importance of taking care of the caregiver, and stressing the importance of early detection through the Breast Health Awareness campaign, in which the conference featured a "pink" theme and was supported by all child care directors and staff.

Children are indeed a joy and a blessing. Protecting and ensuring a child's safety is a child caregiver's main concern among many other factors. Whether you are a daycare facility or an in-home daycare, the quality of care that children receive does matter!

The goal of the Child Care Provider's Conference was to provide Harris County caregivers with the knowledge and skills needed to provide a nurturing and healthy environment for children. Children who receive high-quality care exhibit fewer behavior problems, develop better academically and socially, and tend to be better prepared for school.

Being a caregiver can be overwhelming because all too often tending to the needs of others one can lose sight of his or her own well-being. Therefore, all participants were encouraged to take care of themselves.

Participants earned 6.0 clock hours or .06 CEUs (Continuing Education Units) by participating in 6 learning sessions, which included the following topics:

- Outdoor Play Games
- Calm Down: Strategies on How to Stress Less
- Eat, Play, Learn: Creating a Culture of Health in Early Childhood
- Environmental Health Hazards: Lead, Asbestos, Mold, and Cleansers
- Growing Up WILD
- It's Not Your Grandma's Breast Cancer Anymore

We appreciate all the inciteful and beneficial feedback such as stated below:



It was a great conference. I learned a lot of information to help me be more patient with the kids."

"All great ... my 1st AgriLife Conference and I would highly recommend!"



Agent(s) Involved: Elizabeth Trejo, County Extension Agent-Family and Community Health (Lead), Dr. Sonja Davis- County Extension Agent-Family and Community Health, Alfredo Alberto, Extension Agent-Cooperative Extension Program, and Te'Anna Reed, Extension Agent-Cooperative Extension Program



4-H Foods & Nutrition Project

Agents: Sheryl Nolen & CEA 4-H

November 10, 2018, was the 4th annual Harris County Food Wrangler Challenge held at Grace Family Baptist Fellowship Hall.

The Food Challenge event is one of the most dynamic food and nutrition contests offered to engage teams of youth in a process of creating a recipe from a "mystery" bag of ingredients in just 40 minutes.

The "Chopped Jr. Chef" which is similar to the "Food Wrangler Challenge" is a demonstration of culinary skills with an emphasis on knowledge of food safety, food preparation, and nutrition.

Here many youths learn to manage time and resources, work in teams to accomplish the recipe preparation, and prepare a presentation for the judges which includes: sharing information on the nutrients, the function of ingredients, and the benefits of the nutrients to promoting healthy development.

The presentation is then followed by impromptu responses by the team members to judges questions regarding the recipe and nutrients.

In conclusion, the program outcome was a huge success. A total of nine teams competed including 4 Junior, 4 Intermediate, and 1 Senior team assisted by nine adult coaches. Altogether, there were 79 participants who attended this event.

The Intermediate and Senior teams gained experience using hot plates and electric skillets to prepare a "Main Dish" recipe using Turkey Burger and fresh vegetables, whereas, the Junior teams prepared a "No Cook" recipe demonstrating knife skills with ingredients that included an assortment of

fresh vegetables.

All teams gained experience in food preparation, presentation, communication, presenting recipes to the judges, and responding to the judge's questions. As a result, the judges based their scores on stage preparation, verbally prepared presentations, and responses to their questions. In the end, the teams were ranked 1st to 3rd place. The top 3 teams in each age division were recognized with a trophy. Runners-up received special gift bags and coaches were recognized with special gift baskets.

Overall, this was an educational and fun event all enjoyed. The judges were impressed with how well the teams were prepared, how well they worked together, and how well they demonstrated good knowledge of My Plate, nutrients and function, and food safety preparing the dish.

The parents, too, expressed their enthusiasm, their great satisfaction, and gratitude for the educational event and the opportunity to practice in preparation for the Houston Livestock Show and the Harris County Food Challenge in February.





Junior 4-H Team from Felix Morales Elementary in Pasadena competed in their first Food Challenge Contest

"Feel the Burn" from Two Hearts 4-H club used hot plates to prepare turkey sliders stuffed with a medley of veggies.



The "Food Ninjas" from North Houston 4-H prepared a Turkey Burger pasta dish

Senior "Thrilla Grillas" from Spring Branch 4-H won 1st place with their Turkey Burger Sliders



4-H & URBAN YOUTH

Agent: Fralonda Aubrey

The 4-H & Urban Youth Development took a trip to the Mickey Leland College Preparatory Academy Environmental Science on November 30, 2018.

The class of 21 visited the Houston Arboretum and the University of Houston-Downtown to experience the daily operations and educational path of an Environmental Scientist. At the Houston Arboretum, students worked with School Program Managers to perform basic water testing procedures and animal/plant surveys.

Students discussed concepts of watersheds, wetlands, chemical and biological elements, physical measurements, bio-indicators, pH testing, and understanding dissolved oxygen testing. As the students performed their environmental assessments, they discovered new exciting insects and plants to continue to research at school.

The second part of the educational tour included a visit to the University of Houston-Downtown (UHD). Students explored the Center for Urban Agriculture and Sustainability. Amanda Howard, 4-H Urban Youth Program Aide, and UHD students led the students on a tour and answered questions regarding the university admission process, student life, and essential classes needed to pursue a career in environmental science.



TH DEVELOPMENT



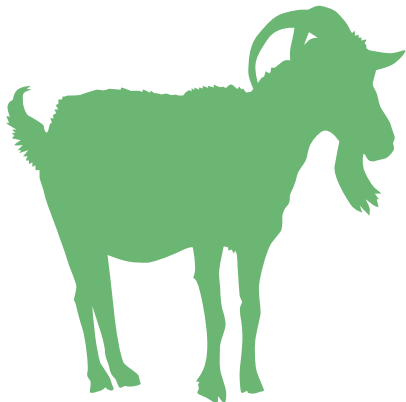
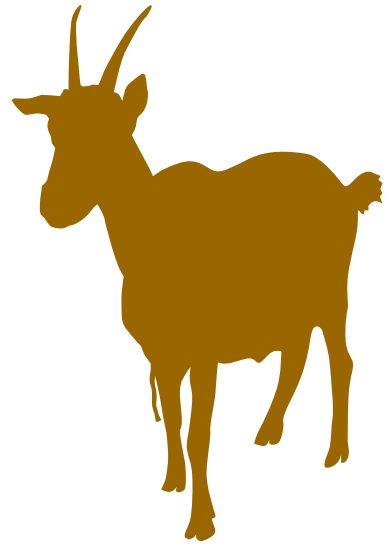
In efforts to promote 4-H to more families, Harris County 4-H County Council members participated in the Annual Cypress Fairbanks Area Parade of Lights.

The parade is offered as a fundraiser for the Texas Volunteer Firefighters Relief Fund.



4-H Council members came together to decorate a 4-H truck and provided brochures and information about joining 4-H to 95 families.





4-H & Youth Development Kids & Kows & More



Agent: Jeremy Peaches

Held November 16, 2018, at McFee Elementary School, Kids & Kows & More is one of the best visual classroom enrichment field trips and close up learning experiences for students to learn about their local food and fiber commodities.

The goal is to help students and adults learn, understand, and appreciate where their food/fiber comes from, not just that they purchase them at the store. Students learn in a highly visual and technological way, how the items are produced and how they arrive at the store for our consumption. Approximately 1,000 students were educated.

The Path to the Plate program is an unbiased examination of agriculture, the food we eat, and the connection to our health. It delivers research-based information via a variety of methods. Our goal is to educate consumers so they can make informed decisions when it comes to agriculture and their health.

A report on Food Insecurity in Houston and Harris County by Texas Children Hospital found that Food Insecurity is prevalent locally and across the State of Texas. According to Feeding America, 15.7% of Texans are estimated to be food insecure. There are an estimated 724,750 food insecure individuals in Harris County with a food insecurity rate of 16.6%. Among children in Harris County, the food insecurity rate is 23.6%.

Additionally, about 16% of Greater Houston area residents do not have access to fruits

and vegetables, according to a survey by the University of Texas Public Health.

The 4-H & Youth Development booth included pots, seeds, and guides to take home to educate. The parents had the opportunity to sign up to get more information about 4-H and attendees were able to receive 4-H supplies for the upcoming school year.

The response and turnout were phenomenal. The number of attendees included 1,000 plus youth and 41 volunteers. Numerous pictures and surveys were taken, thank you letters were written from the entire school, and the children who received supplies asked questions about positive nutritional health information.



Community Econo



2nd Annual The Art of the Startup: Techpreneurs Natriez "Nate" Peterson

November is National Entrepreneurship Month and The Community and Economic Development Unit of the Cooperative Extension Program held its 2nd Annual The Art of the Startup: Techpreneurs seminar at Prairie View A&M University Northwest Campus in Harris County on November 14, 2018.

During National Entrepreneurship Month, Agent Nate Peterson celebrated the remarkable success of entrepreneurs who played a critical role in creating jobs, innovating new products or services, and growing the economy across our great state and nation.

Agent Nate Peterson also wanted to recognize the important value of technology and the increased demand for innovation,

and entrepreneurship in limited-resource communities.



As we advance into the digital age, it's imperative that we collaborate our local tech entrepreneurs who serve as true pioneers of possibility, prosperity and who drive our economy," stated Mr.

This year more than 50 participants including Carl Wunsche Sr. High School juniors and seniors, professionals, and business owners attended the event. The following topics were covered:

omic Development

- Top 10 Things to Starting a Business
- Designing Your App
- Protecting Your Idea
- Funding Your Venture
- 3-D Printing
- Creating a Website from Scratch

The Art of the Startup experienced a 30% increase in registration and participation since its implementation in 2017. The CED Unit will continue to innovate the event around current and potential entrepreneurial opportunities for limited-resource communities for years to come. Overall, 90% of the participants were highly satisfied with the quality of the event, location, speakers and looking forward to participating in Harris County's upcoming 2019 CED programs. Participants also received professional folders that contained information about the Cooperative Extension Program and lots of other information from the College of Agriculture and Human Sciences and Texas LLC Filing Forms.

"I saw an increase in revenues after attending 2017 The Art of the Startup. I was able to get insight into how to scale my business better. The speakers were dynamic and very helpful. I was able to have a few conversations with several of the speakers and staff to get personal insight on certain areas of my business and that was very helpful. As a result, I am a part of several professional networking groups that have brought my company more business and I have been able to share information that I learned with other entrepreneurs that were invaluable to them. I had the opportunity to sit with Mr. Peterson who provided me with documentation for certifications that would help me as a small minority business owner. I am thrilled that I decided to be a part of this event as it has added so much value to my business and personal life. I am grateful for this event, and I hope it continues throughout the years so others can benefit from this program as I have," stated Prairie View A&M University grad-student, Gaati Werema.



As an agent, I feel achieved when I receive feedback from techpreneurs who, through this program, have been inspired to pursue their dreams. We look forward to seeing more businesses starting and growing through this program.

Agriculture & Natural R

Agent(s) Involved: Kimberly Perry and Jeremy Peaches CEP Ag NR, Skip Richter and Paul Winski Texas A&M Horticulture, AgriLife Extension, and Stedman Douglas CEP Ag NR – Waller County



The Texas A&M Horticulture and AgriLife Extension Service Program held its Urban Gardening Certificate event from September 28, 2018, through November 16, 2018, at the Alice Young Library.

The event was lead by CEP AgNR Prairie View A&M Agent, Kimberly Perry, along with collaborations from Sr. Library Service Specialist, Candace H. Beverly, and the Palm Center Community Garden and Farmers Market Coordinator, Roland Cotton. Also on hand was the City of Houston Public Health Educator, Joe Icet who was responsible for ensuring the doors were open to the Park Place Community Garden for the final meeting.

The Urban Gardening Certificate is a program that is free to the public and works with the residents of Harris County to help them prepare their vegetable garden on a micro and mezzo level. Participants are welcome to an open, interactive, enlightened educational question and answer conversation with an expert about their vegetable garden. In addition to discussing the six key core elements of gardening, the following topics were also covered:

- Vegetable Gardening 101
- The Economic Benefits of Gardening
- The Importance of Composting
- The Benefits of Insects
- Fall Vegetable Gardening and Creating Healthy Soil

During the six-week-long series, participants received free plants, prizes, and learned about innovative ways to garden within an urban setting. The event also allowed the participants to learn the basics of how to create a vegetable garden along with several of the economic benefits of gardening.

Community members also had the opportunity to visit and learn about local community gardens. They learned how to identify beneficial insects, as well as common problems within the garden.

Although the program was free, as a requirement, participants had to attend all of the gardening classes in order to receive a garden certificate. As a result, each participant received a Harris County Planting Guide and out of the forty-two participants who attended, seventeen completed the program and received an "Urban Garden Certificate." Overall, this was an outstanding hands-on event.

resources / Horticulture





AGRICULTURE &
NATURAL RESOURCES /
HORTICULTURE

***Event: Healing Wonders
of Herbs***

Details: All are welcome to attend but seating is limited.

Date: March 16

Time: 9:30 am - 12:30 pm

Location: Glazier Senior Education Center 16600 Pine Forest Ln Houston, TX 77084

Contact: Lindsey Mouton (713) 274-0950

Details: Are you looking to turning your agriculture based hobbies into revenue or thinking about starting a for profit urban garden? Then this lunch and learn series is the one for you!

Date: March 15, April 12 & May 1

Time: 12 pm - 1 pm

Location: PVAMU - NW Houston Campus 9449 Grant Rd Houston, TX 77070

Contact: Nate Peterson (713) 274-0950

designed for teams of 8 to walk 833 miles collectively in 8 weeks. This program is also available for worksite wellness groups, church groups, social organizations, and school classrooms. The program encourages individuals of all ages to establish the habit of regular physical activity.

Date: March 4 - April 27

Time: Anytime

Contact: Sonja Davis (713) 274-0950

***Event: ¡Si, Yo Puedo
Controlar Mí Diabetes!
(Si, Yo Puedo) Series***

Details: A type 2 diabetes self-management education (DSME) program targeting Hispanics.

COMMUNITY ECONOMIC
DEVELOPMENT

***Event: Agribusiness in
Urban Communities
Lunch and Learn***

FAMILY & COMMUNITY
HEALTH

***Event: Walk Across
Texas (WAT) Harris
County Challenge***

Details: A free program

The four-week program teaches what is diabetes, carbohydrates, reading nutrition facts labels, a diabetic plate, understanding blood glucose levels, physical activity, medicines and preventing complications.

Date: March 22, 29 & April 5, 12

Time: 10:45 am - 12:15 pm

Location: Felix Fraga-Houston Comm. College
301 North Drennan
Houston, TX 77003

Contact: Sonja Davis
(713) 274-0950

Event: Master of Memory (MoM)

Details: A series developed to help older adults understand how memory works, identify ways to improve memory and pinpoint things in everyday life that may affect memory. The series provides helpful information about memory function and various strategies to help improve memory.

Date: March 7, 14, 21, 28 & April 4, 11

Time: 12 pm - 2 pm

Location: Hockley Senior Community Center
28515 Old Washington Rd
Hockley, TX 77447

Contact: Gerlinde

Pittman (713) 274-3220

Event: Wisdom, Power, Control

Details: A type 2 diabetes self-management education (DSME) program targeting African-Americans and the general public. The four-week program teaches What is diabetes, carbohydrates, reading nutrition facts labels, a diabetic plate, understanding blood glucose levels, physical activity, medicines and preventing complications.

Date: April 3, 10, 17, 24

Time: 2 pm - 3:30 pm

Location: Lone Star College - Atascocita Campus | 15903 W Lake Houston Pkwy Houston, TX 77004

Contact: Sonja Davis
(713) 274-0950

Event: The Circle of Learning Child Care Provider's Conference

Details: Helps individuals in the child care professionals to obtain the state required training so they may provide high-quality child care to ensure the children that they serve develop physically, socially, emotionally and cognitively.

Date/Time: April 13

Time: 8 am - 4 pm

Location: PVAMU - NW Houston Campus | 9449

Grant Rd, Rm 204

Houston, TX 77070

Contact: Sonja Davis
(713) 274-0950

Event: Heroes 4 Health Series

Details: A comprehensive nutrition and fitness program composed of six hands-on lessons for 8-12 year-olds using the Choose Health: Food, Fun, and Fitness (CHFFF).

Date: March 5 & 26

Time: 11 am - 1 pm

Location: SW Multi-Service Center

6400 High Star Dr.

Houston, TX 77074

Contact: Nakeia Pittman
(281) 662-7106

Event: Heroes for Health Ambassador Training

Details: Ambassadors are trained and charged with presenting nutrition education to their peers and communities.

Date: March 5, 12, 26 & April 16, 23

Time: 11 am - 1 pm

Location: SW Multi-Service Center

6400 High Star Dr.

Houston, TX 77074

Contact: Nakeia Pittman
(281) 662-7106

Event: Heroes 4 Health Series

Details: A comprehensive nutrition and fitness program composed of six hands-on lessons for 8-12 year-olds using the Choose Health: Food, Fun, and Fitness (CHFFF).
Date: March 7, 14, 21, 28, April 4, 18 & May 16, 23
Time: 7 am - 2 pm
Location: Wunsche High School
900 Wunsche Loop
Spring, TX 77373
Contact: Coach Cooper
(281) 891-7650

Event: Heroes 4 Health Series

Details: A comprehensive nutrition and fitness program composed of six hands-on lessons for 8-12 year-olds using the Choose Health: Food, Fun, and Fitness (CHFFF).
Date: March 27 & April 17, 24
Time: 11 am - 1 pm
Location: Sunny Side Multi-Service Center
9314 Cullen Blvd
Houston, TX 77033
Contact: Nakeia Pittman
(281) 662-7106

Event: Live Well, Eat Well, and Be Active with

Diabetes (LEAD) Series

Details: A diabetes self-management program focusing on empowering participants through a culturally competent curriculum tailored to the audience. The goal is to have participants to increase knowledge of diabetes and self-management, change behavior, and improve blood glucose levels.
Date: March 27, April 3, 10, 17 & May 1, 29
Time: 1 pm - 3 pm
Location: Cavalcade Community Center
3815 Cavalcade St
Houston, TX 77026
Contact: Ruby DeLeon
(713) 675-0004

Event: Heroes for Health Ambassador Awards and Recognition Program

Details: A comprehensive nutrition and fitness program composed of six hands-on lessons for 8-12 year-olds using the Choose Health: Food, Fun, and Fitness (CHFFF).
Date: May 14
Time: 11 am - 3 pm
Location: Denver Harbor Multi-Service Center
6402 Market St

Houston, TX 77020

Contact: Nakeia Pittman
(281) 662-7106

Event: A Taste of Latin Heritage

Details: The program highlights the Latin American Diet Pyramid and provides education through nutrition lessons, cooking techniques, cultural history, and the prevention of chronic diseases through a cultural plant based diet.
Date: May 17, 24, 31
Time: 11:15 am - 1 pm
Location: Cavalcade Community Center 3815 Cavalcade St Houston, TX 77026
Contact: Ruby DeLeon
(713) 675-0004

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 19, Issue 1 March 2019

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