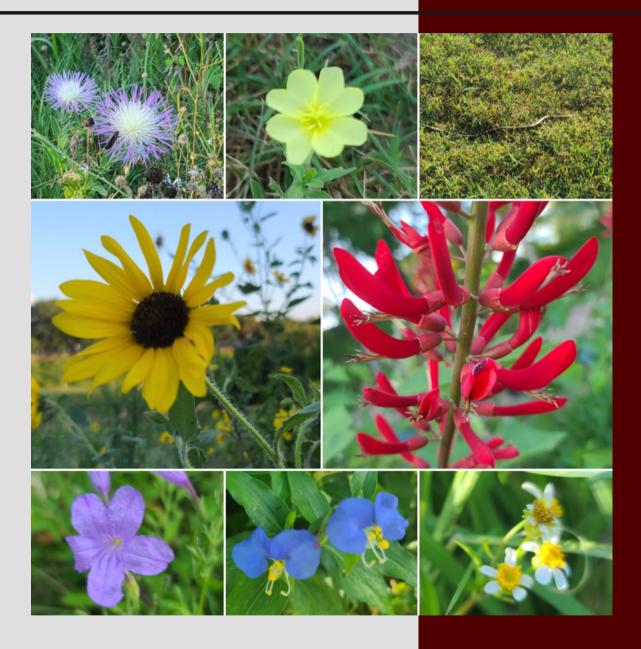
Making A Difference

HARRIS COUNTY QUARTERLY NEWSLETTER VOLUME 22, ISSUE 3









Cooperative Extension Program



Extension Education in Harris County

Howdy and Welcome to Harris County!

OUR WORK MAKES A DIFFERENCE. IN THE LIVES OF TEXANS AND ON THE ECONOMY.

MISSION STATEMENT:

"Texas A&M AgriLife Extension Service works daily to make Texas better by providing innovative solutions at the intersection of agriculture, natural resources, youth, and health, thereby improving the well-being of individuals, families, businesses, and communities through education and service."

VISION STATEMENT:

"Texas A&M AgriLife Extension Service will be the leader in providing science-based information and solutions in agriculture and health to every Texan."

SHARED VALUES:

"We value People, Programs, and Partnerships."

Cover Image: Photos from the Pollinator Walk at Buffalo Bayou. Details on page 18.

LET'S TALK: A LETTER FROM THE DIRECTOR





Texas A&M AgriLife Extension Service - Harris County



Growing our team!

Our Extension team in Harris County is growing! It is my great pleasure to welcome three new members to our Harris County staff:

<u>Katherine Ponce – 4-H and Imagine Science Program Assistant.</u> Katherine is responsible for implementing the Imagine Science program in Harris and Fort Bend counties. Imagine Science is an unprecedented partnership between Boys and Girls Clubs, Girls, Inc., YMCA, and Texas A&M AgriLife Extension Service. This collaboration serves to increase access to quality informal STEM learning opportunities to youth who are from communities historically underrepresented in the STEM field.

<u>Zachary Hastedt – 4-H Program Assistant - Curriculum Enrichment.</u> Zach has the responsibility of planning and implementing educational programs that work toward multiple life skill outcomes such as leadership, citizenship, communications, and personal life management for Harris County youth.

<u>Cheyenne Griffin – Youth Horticulture Program Coordinator.</u> Cheyenne has the responsibility of working with youth in Harris County Juvenile Justice centers. This important program is devoted to developing human potential. The Youth Horticulture program offers a learning experience where self-confidence, a strong work ethic, and a connection to the environment and community is developed. Students learn applicable skills in horticulture and related fields and receive an additional benefit of horticulture therapy through direct contact with, and an enhanced curiosity of, plants, soil, and the natural world around them.

We also added an intern with Texas A&M AgriLife Extension Service – Megan Trevino. Megan was a great addition this quarter as she assisted our 4-H, Ag/Hort, and Family & Community Health departments with program implementation. Megan will be finishing her degree this winter and is already planning to return to Extension work as an agent.

I am excited to welcome Katherine, Zach, Cheyenne, and Megan this quarter! Each of these individuals are an excellent match for the vision and mission of Texas A&M AgriLife Extension Service and have greatly enhanced the valuable educational programming that we provide to the residents of Harris County.

Please continue reading to find out how we better the lives of our program participants by providing research-based education in agriculture and health.

Respectfully,

David D. Wright
County Extension Director – Harris County
Urban Program Director
Texas A&M AgriLife Extension Service



WELCOME TO HARRIS COUNTY



CHEYENNE GRIFFIN-AMINI YOUTH HORTICULTURE PROGRAM COORDINATOR

Cheyenne earned a B.S. in Horticulture from Texas A&M University. While working for 3 years at Mercer Botanic Gardens she continued to develop her passion for horticulture. Since then she has received a M.Ag in Horticulture at Texas A&M University. In her position as Youth Horticulture Program Coordinator she will be offering support for 4-H programs and facilitating horticulture programs through the Juvenile Justice department. Cheyenne is passionate about community enrichment, wellbeing, and education through green spaces.

ZACHARY HASTEDT 4-H AND YOUTH DEVELOPMENT PROGRAM ASSISTANT

Zach attended Texas A&M University where he graduated with a B.S. in Agricultural Leadership & Development + Extension Education. He currently is pursuing his M.S in Agricultural Leadership, Education, and Communications also at Texas A&M University. Zach grew up in San Antonio where he and his family raised pigs and other projects. Aside from working with livestock, he enjoys educating and growing future generations, especially in the agricultural field. Zach hopes to continue making an impact on all youth in the state.



KATHERINE PONCE

4-H / IMAGINE SCIENCE PROGRAM ASSISTANT

Katherine attended the University of St. Thomas in Houston where she earned her B.A. in Biology. Katherine previously worked in a youth development role at a Montessori school serving children ages 3-13. She is passionate about creating positive STEM learning opportunities for historically underrepresented youth. In her free time, she enjoys traveling, volunteering, and listening to true crime podcasts.

Learn Grow Eat Go!



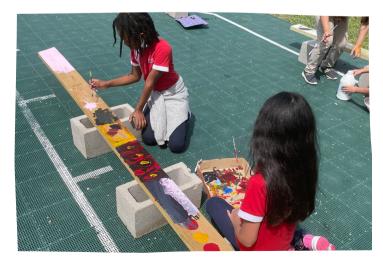
by Zachary Giblin, Harris County Urban Youth Development Agent

This Spring, the Harris County 4-H Department worked in conjunction with the Harris County Department of Education (HCDE), and Harmony School of Fine Arts and Technology, to build a school garden, as well as use the Learn Grow Eat Go! (LGEG) curriculum. Funded by the HCDE Case for Kids Grant, Harris County 4-H was able to provide the Garden Resources, LGEG Curriculum, and support for the successful completion of a sustainable school garden, and fun filled program! Learning activities included understanding plant anatomy, growing season, fruit and vegetable tastings, and hands on garden building. In addition to the garden, students also received take home activities and a classroom hydroponics station for indoor herb and vegetable growing.











KIDS KOWS & MORE!

by Katherine Ponce, Harris County 4-H / Imagine Science Program Assistant

In May of 2022, the Harris County 4-H Department partnered with Southwest Mobile Dairy to implement Kids Kows & More at three local schools. This event allowed participants to experience the world of agriculture and natural resources in an up-close and engaging manner. Students participated in workshops provided by Urban Harvest, Harris County Master Gardeners, Texas A&M AgriLife Extension BLT and Ag & Natural Resources Agents.

Workshops highlighted the importance of agriculture and natural resources while exposing participants to different careers in these fields of study. A huge thank you, to Davila and McFee Elementary Schools, Holland Middle School, Southwest Mobile Dairy, and our workshop providers!



LIVESTOCK VALIDATION

BY STEVEN FREDERICK, HARRIS COUNTY 4-H LIVESTOCK COORDINATOR

In the month of June, Texas A&M AgriLife Extension Service held its annual State Validations for both the FFA and 4-H youth of Harris County. In these events, youth from across the county traveled to validate their animals for the upcoming State Fair of Texas show in Dallas, Texas and for the Heart O' Texas Fair and Rodeo in Waco, Texas. A new record was broken this year with a total of 480 head of livestock validated for the upcoming shows. To give you a break down we had 86 Swine, 155 Lamb/Goats, 175 Steers, and 64 Heifers. We are also proud to see the growth of the Harris County 4-H Program from 21 families attending the State Fair last year to now having 47 families attend this upcoming year. We wish the best of luck to all youth in Harris County.







FAMILY AND COMMUNITY HEALTH









DANCE 4 THE HEALTH OF IT!

BY SONJA DAVIS, HARRIS COUNTY FAMILY & COMMUNITY HEALTH AGENT

The Harris County Family and Community Health Department and Better Living for Texans hosted an event June 11, 2022, at Richard and Meg Weekley Community Center in Precinct 4. The event was created to celebrate those who participated in Walk Across Texas this year. Walk Across Texas is a free, 8-week program designed to help Texans establish the habit of regular physical activity. Teams of 8 walk 833 miles collectively over 8 weeks. Although the name is walking, participants can accumulate miles through any type of physical activity including cycling, gardening, dancing, etc. Collectively Harris County teams walked 26,197 miles.

Family & Community Health Agent Dr. Sonja Davis and UT Health student intern, Ojo Ejekial, scheduled 4 dance instructors from the community to teach the attendees how to do line dancing, western dancing, African dancing, and Zumba. Better Living for Texans Agent Jasmine Carey presented a program on the importance of hydration and distributed samples of a healthy hydrating recipe, Strawberry Cucumber Salad. Also, Ojo presented health hints to encourage attendees to stay active after the event.

The event had 33 attendees who all received an educational reinforcement 32 oz. water bottles. Two volunteers assisted with the event.

¡Salud a Ti!

by Amanda Krippel, Harris County Family & Community Health Agent

On Saturday, May 14th, Better Living for Texans Agents Lora Jorgenson and Jasmine Carey along with Expanded Food and Nutrition Education Program Agents Khadija Ghaffar and education associate Erika Ovando and Family & Community Health Agent Amanda Krippel participated in a community wide health and wellness fair, ¡Salud a Ti!, to promote health and wellness among the Hispanic population in Harris County. This event not only provided cooking demos from AgriLife Extension BLT and EFNEP Agents but also provided the community with onsite Covid testing, liver testing, diabetes, and eye vison testing along with activities for children and the opportunity to shop at the Azteca Farmer's Market. BLT Agents Lora and Jasmine demonstrated a healthy cooking demo called Cowboy Salad for all participants to taste and the opportunity to take home a sample and the recipe card. Khadija and Erika demonstrated a sweet and savory food called Energy Nuggets, and all participants walked away with a sample and a healthy recipe to take home and make with their family. Over one hundred people attended the health fair and benefitted from educational resources and healthy recipes for the entire family.





JR HARRIS ELEMENTARY SCHOOL CINCO DE MAYO CELEBRATION

Prairie View A&M Cooperative Extension Program Family & Community Health Agent Alfredo Alberto



More than 250 students at JR Harris Elementary School, located in Houston, TX, participated in a Cinco de Mayo Celebration. Prairie View A&M University's Cooperative Extension Program hosted the event on Thursday, May 5, 2022.

There were three stations for students to explore during the celebration. At station one, the students could make their maracas using quinoa, wild rice, spoons, colorful duct tape, small round containers, and fun stickers for decoration. At station two, the students were offered takeaways: T-shirts, planners, informational flyers about Latin American heritage, and CEP branded hand sanitizers. The students gathered to make pineapple-mango smoothies at station three using CEP's Smoothie Bike. The recipe included low-fat yogurt, milk, mango, and pineapple.

CEP's Mobile Kitchen unit also made a debut. The Prarie View A&M University CEP agents served corn tostadas topped with sour cream, shredded chicken, and green salsa, with guacamole and red salsa on the side. Samples of turkey taco lettuce wraps with ground turkey cooked in chicken broth and tomato paste then topped with Mexican cheese, red onions, cilantro, and avocado were also served.

CEP would like to give special recognition to team members Sylvia Gonzalez from EFNEP, Carley Howell and Garrett Rhyne from AGNR, Aubrion Edwards from 4H, and Alfredo Alberto from FCH for their contributions to the success of this program.





Cooperative Extension Program



Gardening Program Parnership

The Better Living for Texans (BLT) department of AgriLife Extension in Harris County has been growing new gardeners in the Houston Area!

The BLT Program partnered with The Women's Home, a residential treatment and transitional housing center, to bring a 6-session gardening program to the residents in May and June 2022. Each weekly session is a gardening lesson that focuses on how to start growing vegetables and included topics such as selecting a proper garden location, soils and composting, planting methods, garden maintenance, pests and diseases, and proper harvesting. Session 3 was "Planting Day", and BLT Agents Kristina Brown, Jasmine Carey, and Lora Jorgensen assisted the participants in planting season-appropriate herbs and vegetables in a portable fabric raised bed. The program was provided expert assistance from Harris County Master Gardener Volunteer Intern, Laura Tryon, who was able to provide the participants with additional information on planting and maintaining a garden.



EFNEP's Partnership with Houston Training Schools



by Harris County EFNEP Agent Khadija Ghaffar EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

EFNEP's traditional target population is families with children to teach them about eating healthy, food resource management, physical activity, and food safety. The main focus is to educate the adults who are responsible for meal planning and preparation for children in their household. Our educators have long developed a partnership with "Houston Training Schools", which is a Cosmetology school. The management at these schools have realized our programs are a great supplement for the Health and Nutrition portion of their curriculum along with developing life skills for their trainees.

EFNEP educator Ms. Cleshea Hutchins has been providing programming at their Gessner location for 5 years with the help of our bilingual speakers to graduate over 100+ female participants each year. Most of these participants are adults between 18-30 years old and many with children. Our leadership has recognized the need for another qualifying target population to EFNEP's list - Emerging Adults who are 18 to 24-year-olds, not pregnant, and have no children. These emerging adults are considered as potential parents in the near future. This new development means strengthening the long-lasting partnership with Houston Training Schools.





"Ask a Master Gardener" Serves the Entire County

by Lilianna Bauerlein, Harris County Master Gardener Volunteer Coordinator







Volunteers impact the entirety of Harris County and the "Ask a Master Gardener" table showcases the diverse areas in which they serve. In the second quarter of 2022, volunteers spoke to over 2,000 county residents and attended 29 events in all four commissioner precincts at locations such as Earth Day at Evelyn's Park, Bay Area Plant Swap, Tomball Farmer's Market, and Mercer Botanic Gardens.

Regular, monthly outreach occurs at local farmers markets where vendors sell fresh vegetables, fruit, and homemade goods. Markets regularly attended include Urban Harvest, Westchase, Tomball, Towne Lake, and Memorial Villages.

Upon request, Master Gardeners staff tables to provide, free, research-based horticulture education to the public. They rely on their training, resources, and educational handouts to help answer gardening questions. If you would like to host a Master Gardener table at your event, please contact the Master Gardener Coordinator, Lili Bauerlein at Lilianna.bauerlein@ag.tamu.edu.

Inaugural Youth Summer Camp with Houston Community College

by Brandi Keller, Harris County Horticulture Agent

A week-long day summer camp was created through a collaboration between Texas A&M AgriLife Extension - Harris County departments and Houston Community College. Horticulture, Master Gardener volunteers, 4-H, and Better Living for Texans had the pleasure of presenting 90% of the camp programming for the week. All 42 spots for ages 6-12 filled within a week. Each program was presented twice to accommodate two different age groups.

- Harris County Master Gardeners presented 5 one-hour hands-on programs to grow healthy habits, practice sustainability, and experience life cycles of plants. Students planted a take-home microgreens kit learning how to grow edible crops with minimal supplies at their windowsill. How Plants Drink revealed the hidden science of capillary action, osmosis, and photosynthesis. Scraps for supper encouraged students to regrow vegetables from leftovers that would normally be discarded, saving cash and resources. Lastly, students built 3-D butterflies and learned their life cycle and role as beneficial insects in the garden.
- Zach Giblin, Jaden Kelly, Zach Hastedt, and Katherine Ponce with Harris County
 4-H led a 2-hour STEM and a 2-hour Ecology program each day of the camp.
 The STEM program inspired students to make new discoveries and problem
 solve utilizing the engineering design process and incorporating teamwork into
 their hands-on activities. The ecology courses led students to a greater
 understanding of the different types of biomes and organism interactions, and
 included fun games that helped students envision the framework of energy
 and food chains.





Inaugural Youth Summer Camp with Houston Community College, cont.

- Brandi Keller, County Extension Agent Horticulture, presented a one-hour program titled "Parts of the Plant We Eat". Students categorized various edible plant parts, bringing about lively discussions on their own fruit, vegetable, and gardening experiences. Each student took home a baggie of items discussed: a stalk (celery), a root (radish), and tomato (fruit) to extend the conversation of where food comes from at home.
- Jasmine Carey, Better Living for Texans Extension Agent, opened the first day with 2 one-hour programs. Food Safety had students simulate the transmission of bacteria using glo-germ, while stressing the importance of safe food preparation and foodborne illness prevention with a game of food safety bingo. Students then learned My Plate general nutrition and how much food is to be consumed in each food group recommended by the USDA. A healthy recipe demonstration brought all they learned together as a snack.



"Houston Community College was extremely excited to partner with the Harris County Texas A&M AgriLife Extension Service for our first youth summer camp program at the new Katy Campus. AgriLife provided knowledgeable session facilitators that engaged the children in fun, hands-on learning on many topics. The feedback from both the students and parents was very positive. We can't thank the staff and Master Gardener volunteers enough. They get all the credit for a very successful week. We can't wait to team up with them again." Kathleen Anzivino, College Operations Officer – Northwest, Houston Community College



ROAD SHOW



BY PAUL WINSKI, HARRIS COUNTY HORTICULTURE AGENT

The Home Grown program continues to evolve from its start as a weekly virtual webinar that was initiated in May 2020. Since then, the ANR unit has added a newsletter, podcast, and now an in-person Road Show. The Road Show was a half-day workshop for the public held at the Trini Mendenhall Community Center.

The Road Show provided an excellent opportunity for gardeners to get ready for the upcoming season and to help make them better gardeners. The format also provided a great opportunity for questions and answers between the presenters and the audience.

The workshop included the following topics:

- Successful Herb Combination Containers attendees learned which herbs grow well together based on culinary themes and water requirements.
- Gardening 101 presentation reviewed the importance of fertilizers, garden location, and proper soil preparation.
- What to grow? Results from Harris County Plant Trials audience learned about the top performers in the Harris County AgriLife flower and vegetable trials.

There were 17 attendees, with 2 people driving from Austin for the program. From the completed surveys, 67% anticipate that they will benefit economically as a direct result from the information provided. Attendees also responded on average that 89% of them increased their understanding of the topics that were presented.

The Road Show provided another platform for educating Harris County residents on proper gardening and horticultural practices.



Harris County AgriLife Partners with Buffalo Bayou Partnership

by Shannon Dietz, Harris County Agriculture & Natural Resources Agent

Texas A&M AgriLife Extension - Harris County Ag & Natural Resources Agent Shannon Dietz and Horticulture Agent Brandi Keller recently partnered with the staff of the Buffalo Bayou Partnership to host the first of two pollinator walks and informational sessions. The first presentation took place on Friday, June 24th at Lost Lake along Buffalo Bayou where over 30 individuals and family members met to start the walk. Those in attendance got information on conservation practices being utilized in the bayou as well as pollinator and native plant species identification. Dr. Gabriela Sosa, Conservation Manager - Buffalo Bayou Partnership, along with members of her staff were on hand to help with the tours and answer questions on specific species along the parkway. This collaboration is on-going and a second pollinator walk took place on Saturday, July 16th for the public to attend free of charge.







Photo at left provided by Dr. Gabriela Sosa



EXTENSION HOSTS TEXAS LANDOWNER EDUCATIONAL SERIES

by Shannon Dietz, Harris County Agriculture & Natural Resources Agent

Harris County Ag & Natural Resources Agent, Shannon Dietz, along with the Harris County ANR Committee is hosting a series of 6 classes for new and existing landowners in Harris County. A recent class took place on Monday, June 27th at the Extension office in Houston. Thirteen participants showed up to get legal information from local attorney, Mr. Greg Philips, who spoke about the importance of wills when it comes to protecting family estates. The first class was held on Monday, May 23rd, and participants received information on farm loans and programs provided by the Farm Service Agency and Natural Resource Conservation Service with the United States Department of Agriculture. Also on hand to share information was Melissa Brodie with the Harris County Appraisal District, informing the group on land valuations for ag credits. The series will continue with two upcoming field trips, one to the Goat Research Institute at Prairie View A&M University and then a fence building workshop conducted by Stay-Tuff Fencing company. The class will then resume with two in class presentations and then a graduation at the end of the course.

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HARRIS COUNTY ANR BEEF CATTLE AND PASTURE FIELD DAY

by Shannon Dietz, Harris County Agriculture & Natural Resources Agent

Harris County AgriLife Extension Service Agriculture and Natural Resources
Committee, along with Waller and Fort Bend County ANR departments, recently
hosted the annual Beef Cattle and Pasture Field Day at the Harris County Precinct 4
Service Center in Tomball. The event was held on Thursday, June 2, 2022, beginning
at 5:30 pm.The event was co-sponsored by Corteva Agriscience and Purina Feeds and
provided information to over 30 participants. Corteva Agriscience Field
Representative Rachel Hinton provided attendees with information on weed control,
weed identification, pasture management, and best practices when it comes to
pasture grazing and maintenance. Jon DeClerck, Ph.D., beef cattle nutritionist,
shared nutrition advice and herd management practices that will allow for better
production and maintenance in a cow calf operation. In addition, attendees who had
a current pesticide applicator license received 1 CEU toward their license
requirement.

Dinner consisting of bbq brisket, sausage, and sides was provided by a donation from Corteva Agriscience. Door prizes were provided by both sponsors and were given away at the conclusion of the program. Evaluations on the program were conducted for feedback.







UPCOMING EVENTS

Click on listings for more information.

August

MY PLATE

Jim & JoAnn Fonteno Senior Education Center - 6600 Bissonnet Street, Houston, TX 77074 - Contact 713-981-4703

August 09, 2022 - 10:30a.m.

SAFE RIDERS PROGRAM - CHILD SAFETY SEAT & EDUCATION

13105 Northwest Freeway, Houston, TX 77040 - Call 713-274-0950 or email tldonaldson@pvamu.edu, must register ahead.

August 16, 2022 - 3:30 p.m.

MEDICATION MANAGEMENT

Thomas A. Glazier Senior Education Center - 16600 Pine Forest Lane, Houston, Texas 77084 Contact 713-274-3250

August 23, 2022 - 2:30 p.m.

POPULAR DIETS FOR WEIGHT LOSS

Jim & JoAnn Fonteno Senior Education Center - 6600 Bissonnet Street, Houston, TX 77074 - Contact 713-981-4703 August 25, 2022 - 1:00 p.m.

September

SAFE RIDERS PROGRAM - CHILD SAFETY SEAT & EDUCATION

13105 Northwest Freeway, Houston, TX 77040 - Call 713-274-0950 or email tldonaldson@pvamu.edu, must register ahead.

September 06, 2022 - 3:30 p.m.

GROWING AND NOURISHING HEALTHIER COMMUNITIES A 6-WEEK SERIES

BakerRipley Gulfton Sharpstown Campus - 6500 Rookin Street, Houston, TX 77074 - Contact 713-273-3700

September 12, 2022 - 10:00 a.m.

SOUTHEAST TX URBAN AG AND FARM SAFETY SUMMIT

Gerald R Young Agriculture Sciences Center - 5801 Katy Hockley Cut Off Rd, Katy, TX 77493 Register at https://SETXurbanAGsummit.eventbrite.com
September 22 & 23, 2022

GROWING AND NOURISHING HEALTHIER COMMUNITIES A 6-WEEK SERIES

El Franco Lee Community Center - 9500 Hall Rd, Houston, TX 77089 - Contact 281-464-9708

September 27, 2022 - 10:00 a.m.

THE FUTURE OF URBAN FOOD SYSTEMS SUMMIT

University of Houston-Downtown (UHD Science & Technology Building) 315 N. Main Street Houston TX 77002

September 30, 2022 - 9:00 a.m. - 3:00 p.m.

October

VIRTUAL WISDOM, POWER CONTROL DIABETES MANAGEMENT SERIES

Online program, pre-registration required. Call Susan 713-274-0950

October 04, 11, 18, & 25, 2022 - 6:00 p.m.

DO WELL BE WELL WITH HYPERTENSION

Cavalcade Community Center - 3815 Cavalcade St, Houston, TX 77026 - Contact 713-675-0004

October 04, 11, 18, & November 01, 2022 - 11:00 a.m.

DO WELL BE WELL WITH HYPERTENSION

Jordan Grove Missionary Baptist Church - 2603 Anita Street, Houston, TX 77004 - Contact Susan 713-274-0950

October 12, 19, 26, & November 02, 2022 - 3:30 p.m.

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.

IN COOPERATION WITH ...

Lina Hidalgo, Rodney Ellis, Adrian Garcia, Tom S. Ramsey, R. Jack Cagle,

Harris County Judge Commissioner, Precinct 1 Commissioner, Precinct 2 Commissioner, Precinct 3 Commissioner, Precinct 4

Making A Difference Quarterly Newsletter
Volume 22, Issue 3
August 2022

TEXAS A&M AGRILIFE EXTENSION SERVICE
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Suite 1000

Houston, Texas 77040 (713) 274-0950

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Email: harris-tx@tamu.edu

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife..

ATEXAS A&M. AGRILIE CENTENSION



PRAIRIE VIEW A&M UNIVERSITY

COLLEGE OF AGRICULTURE AND HUMAN SCIENCES

Cooperative Extension Program



- @HarrisCountyAgriLife
- @HarrisCountyHorticulture
- @HarrisCountyMasterGardeners
- @HarrisCountyANR
- @HarrisCountyFCH
- @HarrisCountyBLT
- @HarrisTXEFNEP
- @HarrisCounty4H