



f @BETTERLIVINGFORTEXANS

@BETTERTEXANS

September 2022

It's Time for Fall Gardening!

Did you know in most Texas areas the climate is suitable for a fall vegetable garden? Many gardeners will plant vegetables in the spring and early summer and not realize they can also grow vegetables in the fall. For help locating, prepping, and establishing a garden site, which can be used for both fall and spring planting, check out the planning guide on AgriLife Extension's Easy Gardening series.

(<https://aggie-horticulture.tamu.edu/vegetable/easy-gardening-series/>)

Fall fruits and vegetables are categorized as **long- or short-term plants**. Some plants may not grow well after the first frost (temperature is below 32°F) and are called **frost-susceptible**. Other plants may thrive during the cooler season making them **frost-tolerant**. Group long- or short-term plants together according to their frost tolerance.

Plant short-term, frost-susceptible plants together—they will not survive a frost.

Examples include beans, cantaloupe, corn, cucumbers, eggplant, okra, pea, peppers, Irish potatoes, sweet potatoes, squash, tomatoes, and watermelon.

Plant long-term, frost-tolerant plants together. Examples include beets, broccoli, Brussels

sprouts, cabbage, carrot, cauliflower, chard, collard, garlic, kale, lettuce, mustard, onion, parsley, spinach, and turnip.

There are many varieties of fruits and vegetables; however, only three or four varieties may grow well in your county or region. Use Aggie Horticulture's Vegetable Variety Selector

to help identify what grows best in your area.

(https://aggie-horticulture.tamu.edu/publications/veg_variety/)

You can grow fruits and vegetables from seed or transplants. Transplants will shorten the growing time in your garden and are recommended in the fall when growing tomatoes, peppers, and eggplants or cold-friendly broccoli, cauliflower, and cabbage. Transplants can also be purchased from your local nursery or retail store.

Don't forget to enjoy your garden! Visit your garden regularly to see growth and changes, and to harvest produce when ready. For more information reach out to your AgriLife Extension County Extension Agent!

Written by Michele Scaife, Extension Agent – Better Living for Texans
Source: <https://agrilifelearn.tamu.edu/s/product/fall-vegetable-gardening-guide/014x0000040f/>
Photo: Microsoft Image



BETTER LIVING FOR TEXANS

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
USDA is an equal opportunity provider and employer.

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.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



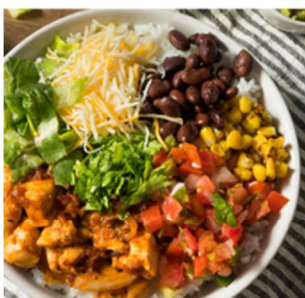
 @BETTERLIVINGFORTEXANS

@BETTERTEXANS  

September 2022

BLT programs are FREE and are designed & funded to be delivered to SNAP-eligible audiences. We offer adult and youth programs.

Get the Facts (Obtenga los Datos) is a 4-session series to help participants learn how to use the Nutrition Facts label to make healthy food choices when shopping. Special emphasis is given on sodium, fats, added sugars, and portion size. Free item at every session!



A Fresh Start to a Healthier You! (¡El primer paso hacia una vida más sana!) is a 4-session series for adults to increase fruit & vegetable intake, cook nutritious meals, adopt better food safety habits, and spend less on groceries. Free item at every session!

Be Well, Live Well (Estar bien, Vivir Bien) is a 5-session series. Adults 50+ will learn how to reduce disease risk and engage in a healthy lifestyle while aging, by learning which nutrients to focus on, food label reading, kitchen safety, meal planning for small households, and the benefits of physical activity while aging. Free item at every session!

Growing and Nourishing Healthy Communities (Creciendo y Nutriéndose Curso de Horticultura para Comunidades Saludables) is a six-session series to learn basic garden techniques such as how to select a garden location, how to compost, plant and water, and control insects. Participants will do a hands-on planting activity and receive free garden items!



Healthy Carbohydrates is a 4-week series that teaches participants to choose healthy types and portions of carbohydrates to help decrease chronic disease risk. Free item at every session!

Walk 'n Talk is an 8-week series in which participants learn how to use walking or other activity for fitness and how to include more fruits & vegetables in their daily routine. Free item at every session!

TEXAS A&M
AGRILIFE
EXTENSION

BETTER LIVING FOR TEXANS

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. USDA is an equal opportunity provider and employer.

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.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



 @BETTERLIVINGFORTEXANS

@BETTERTEXANS  

September 2022

**Below are upcoming Better Living for Texans programs
at a community center near you!**

Precinct 4 Baker Ripley Gulfton Sharpstown, 6500 Rookin St., Houston: ***Growing and Nourishing Healthy Communities*** adult garden program starts September 12th!

Precinct 1 Beauty's Community Garden, 3201 Airline Dr., Houston: ***Growing and Nourishing Healthy Communities*** adult garden program starts September 17th!

Precinct 1 Rev. Joe E. Dancy Memorial Center, 3407 Belfort Ave., Houston: ***A Fresh Start to a Healthier You!*** adult nutrition program starts September 22rd!

Precinct 1 El Franco Lee Community Center, 9500 Hall Rd., Houston: ***Growing and Nourishing Healthy Communities*** adult garden program starts September 27th!

Precinct 4 Thomas A. Glazier Senior Education Center, 16600 Pine Forest Lane, Houston: ***Walk n Talk*** physical activity and nutrition program starts October 4th!



BETTER LIVING FOR TEXANS

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
USDA is an equal opportunity provider and employer.

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.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



 @BETTERLIVINGFORTEXANS

@BETTERTEXANS  

September 2022

**In Harris County your BLT Extension agents are found at
Texas A&M AgriLife Extension Service
13105 Northwest Freeway, Suite 1000
Houston, TX 77040**



Lora Jorgensen
lora.jorgensen-tjorn@ag.tamu.edu
713-274-0985



Kristina Brown
kristina.brown@ag.tamu.edu
713-274-0967



Jasmine Carey
jasmine.carey@ag.tamu.edu
713-274-0970



BETTER LIVING FOR TEXANS

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
USDA is an equal opportunity provider and employer.

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.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



f @BETTERLIVINGFORTEXANS

@BETTERTEXANS

September 2022

Recipe of the Month

Recipe and photo source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/flavorful-fried-rice>

Flavorful Fried Rice

Peas and carrots can grow abundantly in your fall vegetable garden. Use brown rice for extra fiber.

Serves: 6

Ingredients:

- | | |
|--|------------------------------------|
| 2 tablespoons cooking oil (or margarine) | 4 eggs |
| 1 cup rice, uncooked | 4 egg whites |
| 3 tablespoons minced onion | ¼ cup non-fat milk |
| ½ cup carrots, chopped or grated | ½ cup peas |
| 2 cups water | 2 tablespoons low sodium soy sauce |

Directions:

1. In a frying pan over medium heat, cook rice, minced onion, and carrots in oil, stirring often until lightly browned.
2. Slowly add water, reduce heat, cover, and simmer until liquid is absorbed and rice is tender, about 20 minutes.
3. Beat eggs in a bowl and stir in milk, peas, and soy sauce. Pour over hot rice mixture. Cook on medium heat, stirring often until eggs are firm.



Nutrients Per Serving:

237 calories, 8 g total fat, 1 g saturated fat, 124 mg cholesterol, 393 mg sodium, 30 g carbohydrates, 1 g fiber, 2 g total sugar, 0 g added sugar, and 11 g protein

Total Cost: \$\$\$\$



BETTER LIVING FOR TEXANS

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. USDA is an equal opportunity provider and employer.

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.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.