

Making A Difference

HARRIS COUNTY
QUARTERLY NEWSLETTER

NOVEMBER
2022



TEXAS A&M
AGRILIFE
EXTENSION



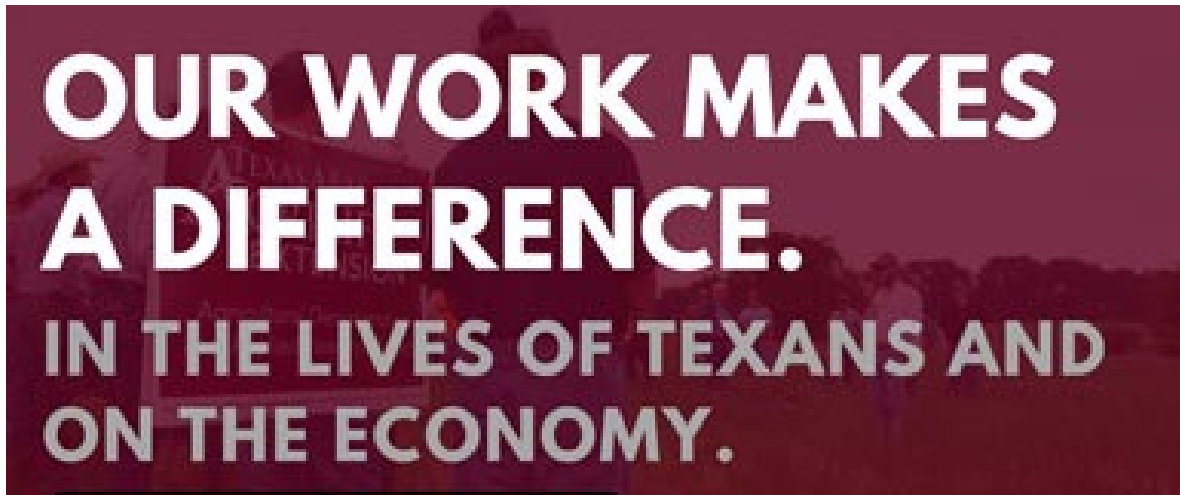
PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program



Extension Education in Harris County

Howdy and Welcome to Harris County!



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.”

LET'S TALK: A LETTER FROM THE DIRECTOR



Texas A&M AgriLife Extension Service - Harris County

It is my honor to present the latest edition of our quarterly newsletter – “Making A Difference” in Harris County. Our Texas A&M AgriLife Extension Service and Prairie View A&M team reach those in our community and extend research-based knowledge and resources to benefit their families. Our work makes a difference in the lives of Harris County families, youth, and adults. It is my hope that this newsletter will help you gain a better understanding of how we work to reach every resident and improve their lives.

Interpretation of our educational programs allows us the opportunity to tell our story effectively as we strengthen our relationships with the legislators, elected officials, and key stakeholders in Harris County. Our goal is to work directly with leaders to provide support to improve and strengthen our communities. We strive to showcase our strengths in the areas of youth development, improving health and wellness, developing a network of community resources, building a strong volunteer base, advancing the planning and management of our green spaces, and hosting innovative programs for our landowners and producers. Most importantly, we want to highlight the diligent work of our team and their impact on our communities.

Sincerely,

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

WELCOME TO HARRIS COUNTY



SHANNON SULLIVAN

ASSISTANT EXTENSION AGENT FOR ANR/HORTICULTURE

Shannon grew up in Katy, TX where she enjoyed participating in FFA and showing hogs. Shannon went on to attend Texas A&M University where she graduated with a B.S. in Ecological Restoration. She previously worked at the Texas State Soil and Water Conservation Board (TSSWCB) and Texas A&M Forest Service (TFS) where she grew an appreciation for environmental education and building partnerships with various people and agencies. She is passionate about promoting best management practices for everyday people and farmers. In her free time, she enjoys spending time with her family and friends, traveling, and being in the outdoors.

GABRIELLE KANU

COUNTY EXTENSION AGENT - VOLUNTEER MANAGEMENT

Gabby earned her B.S. in Agriculture from Prairie View A&M University and her M.S. in Agricultural Economics from the University of Arkansas. She began her career with AgriLife Extension as a Family and Community Health (FCH) County Extension Agent in 2015. Since then, she has worked as an FCH agent for two counties: Limestone and Matagorda. Gabby is a native Houstonian that is passionate about helping others. She enjoys cooking, reading, and scrapbooking in her spare time.



TONI F. WELLINGTON

COMMUNITY RELATIONS COORDINATOR

Toni earned her Associates Degree from Lone Star College – North Harris. She is currently finishing her Bachelor of Social Work at the University of Houston – Downtown. Since Toni has been in her studies of Social Work she has found her passion to be with youth and families, serving her community. In her position as the Community Relations Coordinator she plans to offer support to the agents within her county to build relationships and partnerships within the Harris County Area. Toni is passionate about her work and is eager to see how her plan takes off to build community relationships!



STEM Camp!



by Zachary Giblin, Harris County Urban Youth Development Agent

Harris County 4-H had another successful summer in partnership with DiscoverU, a non-profit youth serving organization in the greater Houston area, by taking a group of 40 Harris County youth to the Texas 4-H Center in Brownwood, Texas for a three-day STEM Camp! This summer's STEM camp included a range of activities including cardboard boat design and races, hands-on ecology presentations, flight simulation, chemistry & states of matter, and understanding and testing of trebuchet designs. We would like to thank DiscoverU for working with us to provide this successful, educational summer camp!





FAMILY AND COMMUNITY HEALTH



Powerful Tools for Caregivers

BY SONJA DAVIS, HARRIS COUNTY FAMILY & COMMUNITY HEALTH AGENT

Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. Individuals who provide care for spouses, children, or parents often lack support and knowledge of where to look for support in their communities. Powerful Tools for Caregivers is a 6-Week program designed for caregivers to reduce personal stress, change negative self-talk, communicate effectively with others, recognize emotions, and make tough caregiving decisions.

Harris and Fort Bend County Family & Community Health Agents Amanda Krippel, Sonja Davis, and Leticia Hardy partnered with UTHealth Physicians and LoneStar College - Academy for Lifelong Learners to implement this six-week program. The sessions were held virtually.

One participant described the program as being, "Therapeutic, but not therapy." Caregivers were taught to take care of themselves while caring for others. Weekly self-care goals were set for caregivers to do one thing for themselves. One participant set her weekly goal of taking a bubble bath for three weeks and was really proud when she was able to set aside time to finally take a bubble bath.

Other topics discussed were self-confidence, time management, goal setting, communicating assertively as opposed to aggressively, and using "I" messages.



Watch UR BAC

by Amanda Krippel, Harris County
Family & Community Health Agent

Harris County Family and Community Health Agent Amanda Krippel conducted a multi-district Safety & Health Training along with Watch UR BAC Program Manager, Bobbi Brooks. A half day of training on current trends of alcohol and drugs was conducted with Humble, Spring and Aldine ISD P.E. and Health teachers to further their knowledge of new trends to look for in the upcoming school year. Many teachers tried out the marijuana goggles while others tried out the goggles while using the driving simulator. All teachers left with new knowledge gained on trends and all the programs that Extension offers to their community



MAKING A DIFFERENCE IN SPRING ISD

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

Alfredo Alberto, PVAMU CEP Family and Community Health Agent, leads character leadership development classes at Carl Wunsche Senior High School (CWSHS) in Spring ISD. Communication Do's and Don'ts, Presentation 101, and Healthy and Unhealthy Relationships were a few topics covered during his class series. These interpersonal, life, and adulting skills have been essential to CWSHS as they prepare for their annual mock interviews and Capstone Senior presentations, both requirements for graduation. Alfredo has served as, both, mock interviewer and Capstone Judge 5 years running. Mr. Alberto's dedication to the students of CWSHS is so evident that he was chosen to be part of the Vine Mentorship program in Spring ISD where he is currently mentoring seniors Amadrick Lewis and Christopher Uzmar.



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**Wunsche
High School**



Love Park Summer Camp

Texas A&M AgriLife Extension Service - Harris County Better Living for Texans (BLT) Program partnered with Love Community Center, a Houston Parks and Recreation facility. BLT agent Jasmine Carey provided an 8-week physical activity series for the youth at Love Park Summer Camp. Each 60-minute session included a fruit or vegetable topic and physical activity. Youth were provided a food sample or a prepared recipe sample that included the fruit or vegetable for the week. The physical activity portion varied each week and included activities such as red light/green light, physical activity tic-tac-toe, basketball games, and line dancing. BLT agent Lora Jorgensen conducted session 6 of this series. She taught the youth about foods that should be consumed in moderation and played “Slow, Whoa, and Go” to practice what they learned. Family and Community Health agent Sonja Davis led the dance instruction for the physical activity of session 8. The participants were given educational reinforcement items weekly along with a fruit or vegetable fact sheet with some recipes to try at home.



TEXAS A&M
AGRI LIFE
EXTENSION

BETTER LIVING FOR TEXANS



Working with Aldine ISD- Highlighting EFNEP Educators & Partnerships

by Harris County EFNEP Agent Khadija
Ghaffar

TEXAS A&M
AGRI LIFE
EXTENSION

EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



Ms. Ana Hernandez is our bilingual educator. She has worked with EFNEP for 8 years while building strong community partnerships. One of her notable community partnerships is with Aldine ISD schools. She has provided education to numerous students and parents every year at these schools. The contacts at Aldine are very excited with Ms. Ana's return each year with her enthusiastic personality. Her connection with youth and adults is alike.

Ms. Ana is currently conducting youth sessions at Conley Elementary for over 150 students from 1st - 5th grades. She encourages them to be active by involving them in a different physical activity each time. The kids love to be a part of a cooking activity and enjoy the healthy snacks they create. The smiles on their faces say it all.



Our dedicated educators
and their continuing
partnerships are the
perfect recipe for success!



Furthering Reach through Translation

by Lilianna Bauerlein, Harris County
Master Gardener Volunteer Coordinator

TEXAS A&M AGRILIFE EXTENSION Vegetable Garden Planting Dates 蔬菜种植时间表 for Harris County				Texas AgriLIFE Extension Service 德州农业推广服务 Harris County Office	
Transplant - 移植, 移栽 Seeds - 种子	Jan 一月	Feb 二月	Mar 三月		
Planting times are for seeds unless otherwise noted 除非特别注明, 种植时间是为种子开始					
Artichoke 洋蓟	Dormant Crowns				
Asparagus 芦笋 (dormant crowns)					
Beans - Snap & Lima (Butterbean)					
Beets 甜菜					
Broccoli 西兰花 (transplants)					
Brussels Sprouts 抱子甘蓝 (transplants)					
Cabbage 卷心菜 (transplants)					
Cabbage - Chinese 白菜 (transplants)					
Carrots 胡萝卜					
Cauliflower 花菜, 菜花 (transplants)					
Chard, Swiss 瑞士甜菜, 牛皮菜					
Collards 羽衣甘蓝 (transplants)					
Corn 玉米					
Cucumbers 黄瓜					
Eggplant 茄子 (transplants)					
Garlic 大蒜					
Kale 羽衣甘蓝 (transplants)					
Kohlrabi 球茎甘蓝 (transplants)					
Leeks 韭葱	Transplants				
Lettuce, Arugula, Mache, Sorrel 生菜类					
Melon - Cantaloupe, Honeydew 瓜类					
Mustard 芥菜					
Okra 秋葵					
Onion - bulbing 洋葱	Transplants				
Onion - multiplying/bunching 葱类					
Peas - English & Snap 豌豆, 甜豆					
Peas - Southern 豇豆					
Pepper 辣椒 (transplants)					
Potato - Irish 土豆 (cut pieces)					
Potato - Sweet 红薯 (slips)					
Pumpkin 南瓜					
Radish 萝卜					
Spinach 菠菜					
Squash - Summer 西葫芦					
Squash - Winter 南瓜类					

TEXAS A&M AGRILIFE EXTENSION Calendario para plantar Vegetales en el Condado de Harris				Texas AgriLIFE Extension Service Harris County Office 713-274-0950 https://harris.agrilife.org/hort/	
Fechas para plantar vegetales, a no ser que se indique lo contrario	Ene	Feb	Mar	Abr	Mayo
Fechas ideales para sembrar					
Fechas marginales para sembrar					
Artichoke - Alcachofas	Coronas dormitantes				
Asparagus - Espárragos (coronas dormitantes)					
Beans - Frijoles - Judías y Habas			Judías y Habas		
Beets - Betabel					
Broccoli - Brocoli					
Brussels - Coles de Bruselas					
Cabbage - Col (transplants)					
Cabbage (Chinese) - Col (China) (transplants)					
Carrots - Zanahorias					
Cauliflower - Coliflor (transplants)					
Chard, Swiss - Acelga Suiza					
Collards - Coles (transplants)					
Corn - Elotes					
Cucumbers - Pepinos					
Eggplants - Berenjenas (transplants)					
Garlic - Ajo					
Kale - Col rizada (transplants)					
Kohlrabi - Colinabo (transplants)					
Leeks - Puerro	Transplants				
Lettuce - Lechuga - también Rucula, Mache, Jamaica					
Melon - Gota de miel					
Mustard - Mostaza					
Okra					
Onion - Cebolla - en bulbo	Transplants				
Onion - Cebolla: multiplicandose/en manojo					
Peas - Chicharos - Ingles y judias					
Peas - Chicharo - Del Sur					
Pepper - Pimientos y Chiles (transplants)					
Potato - Papa - Irlandesa (en pedazos)					
Potato, sweet - Camote (en rebanadas)					
Pumpkin - Calabaza					
Radish - Rabanitos					
Spinach - Espinaca					
Squash, Summer - Calabacin - de verano					
Squash, winter - Calabacin - de invierno					
Tomato - Jitomate (Transplants)					
Turnips - Nabos					
Summer Greens - Hojas de Verano - Malabar, Amaranto					
Watermelon - Sandia					

The Harris County Master Gardeners recently translated the Harris County Vegetable Planting calendar into Spanish and Mandarin! This is an exciting development because more than a third of Houstonians speak a language other than English. This language barrier previously prevented us from reaching 726,272 households that spoke a language other than English. Master Gardeners are always working to expand their reach to the public and the Vegetable Planting Calendar is one of the most requested documents that they provide during Ask a Master Gardener table events. This document is a valuable tool that explains what time of year is best for planting which variety of vegetables in Harris County climate. Now that this document is translated to Spanish and Mandarin, we can serve more diverse Houstonians and families.

For a copy of the Vegetable Planting Calendar, please visit our web page at <https://harris.agrilife.org/hort/publications-links/veggies-herbs/>

Conference Reaches Youth Garden Educators Around the State

by Brandi Keller, Harris County Horticulture Agent

On July 20th, Cultivating School Gardens Conference delivered a full-day virtual program for 280 registered participants. It was hosted by four county extension offices: Horticulture Agents Brandi Keller - Harris County, Stephen Brueggerhoff - Galveston County, Skip Richter - Brazos County, and Ag/Natural Resources Agent Ginger Easton-Smith - Aransas County.

The program addressed elements of starting and maintaining a garden that are most commonly asked to county offices by educators. To make it as comprehensive as possible, topics were presented by 13 Extension agents, specialists, volunteers, and garden educators. Track 1 included garden design & layout, what vegetables to plant and when, garden maintenance, irrigation, and beneficial insects. With the excitement of working a garden, often the support side is overlooked then addressed afterwards. Track 2 covered building a supportive team, student management, funding, STEM in the garden, nutrition, and school garden success stories.

Out of 66 counties in Texas that participated, 25% were from Harris County with other urban counties immediately following. The participants were pre-k, elementary, middle school, and high school teachers or garden support. Master Gardeners, community garden supporters, and other volunteers from various gardens also attended.

Dr. Charlie Hall, Professor & Ellison Chair in International Floriculture for Texas A&M University, gave the key note "Benefits of Plants for Youth Education and Well-Being." Dr. Hall shared connections between plants/nature and learning and testing success, emotional and mental health, and much more. Harris County Horticulture Agents, Brandi Keller and Paul Winski, spoke on "Building a Supportive Team" and "Knowing and Attracting Beneficial Insects," respectively. Harris County Master Gardeners, William Isbell, presented "Location and Design Options" and Dr. Jean Fefer and Deb Stutsman share gardens they volunteer with in the video "School Garden Success Stories."

Post-conference, almost 13 hours of training were made accessible to participants, along with resources and 7 continuing professional education credits by Texas Education Agency (TEA).

We continue to offer the recordings from this conference for a fee. If interested, email brandi.keller@ag.tamu.edu.



CULTIVATING SCHOOL GARDENS ONLINE

JULY 20, 2022

CONFERENCE

Presented by Texas A&M AgriLife Extension
Harris, Brazos, Galveston, and Aransas Counties

for public, private and home school educators

Building, Planting & Maintaining a Garden

Two Tracks

7 CPEs
for Texas
Educators

Support,
Funding &
Curricula

Attendees

15 STATES

+ Bahamas &
Virgin Islands

280

registered

223
from

Participants
Intent to
Adopt
Information

90%

Survey
Results*

*63% registered
filled out survey

Average of Good to Excellent
Understanding by Participants

40%

before event

97%

after event

"This was a very well
thought out conference and
covered every area of
knowledge beneficial to
starting and incorporating a
garden into school life."

Feedback

"Thanks for all the info,
I feel like I am ready
to take on the task! I
have already begun
recruiting help!"



The Future of Urban Food Systems Summit

BY PAUL WINSKI, HARRIS COUNTY HORTICULTURE AGENT

The Future of Urban Food Systems Summit was a one-day educational session presented by Texas A&M AgriLife Extension Service - Harris County in partnership with the University of Houston-Downtown Center for Urban Agriculture & Sustainability.

There are many food deserts throughout Harris County and food insecurity is also an issue. The summit provided a forum to delve into the opportunities and challenges for food systems in the county.

The summit included the following topics.

- Gardening for Health
- Enhancing the Purpose of Food
- Certified Organic: What is it and its value
- Innovations in Urban Ag panel

The workshop was attended by 120 students and individuals from the county. From the completed surveys, 93% intend to apply the information presented during the program. Attendees also responded on average that 87% of them increased their understanding of the topics that were presented.

Representatives from the USDA-NRCS, Urban Harvest, Citizens Environmental Coalition, Harris County Master Gardeners, and the Organic Horticulture Benefits Alliance provided additional information to the attendees on funding programs, gardening, and urban agriculture.

The collaboration between University of Houston-Downtown and Texas A&M AgriLife Extension Service - Harris County allows us to provide engaging topics facing producers and policy makers regarding urban food systems.



The innovation in urban ag panel: Dr. Lisa Morano- (left), Michelle Crawford (center) and Cath Conlon (right)



Bob Whitney presenting information on organic production.



2022 SE TEXAS URBAN AG AND FARM SAFETY SUMMIT

by Shannon Dietz, Harris County Agriculture & Natural Resources Agent

On September 22 and 23, 2022, the Harris County Agriculture and Natural Resources Committee hosted the 3rd annual "SE Texas Urban Ag and Farm Safety Summit". This multi-county educational event was held at the Gerald D Young Agriculture Education Center in Katy and attracted attendees from the surrounding nine counties of SE Texas specifically from Fort Bend, Waller, Montgomery, Madison, Brazos, Jefferson, Washington, and Austin counties.

Special Guests in attendance included Dr. Dan Hale, Associate Director, Texas A&M AgriLife Extension Service, Mr. Kelly Adkins, State Executive Director, USDA, Farm Service Agency, Mr. Allen Kaminski, District 11 State Director, Texas Farm Bureau and Harris County Precinct 4 Commissioner, R. Jack Cagle. All provided a welcome on behalf of their respective agencies. Keynote speakers for the two-day event included Dr. Larry Boleman, retired associate vice chancellor for Texas A&M AgriLife Extension Service, providing an update on the current beef cattle industry and trends that we are facing from a producer standpoint. Mrs. Audra Smith, Private Attorney, spoke to the crowd on Friday, where she provided valuable information on agricultural issues and the laws that affect landowners and producers daily.

2022 SE TEXAS URBAN AG AND FARM SAFETY SUMMIT, cont.

by Shannon Dietz, Harris County Agriculture & Natural Resources Agent

Educational tracks focused on hay and pasture management, equine and beef cattle nutrition and management, farm loans and business opportunities, and vegetable and row crops provided attendees with a wide variety of classes to choose from.

Texas Department of Agriculture pesticide applicators were provided the opportunity to receive up to five CEU credits in the subject matter of Drift, Integrated Pest Management, and Laws and Regulations, along with two additional general courses.

In addition to the classwork, attendees also had the opportunity to tour the Coastal Prairie Conservancy where they learned about native and invasive grass species and control methods as well as on site beef cattle management. Prairie View A&M University Farm served as an additional tour option where participants visited and experienced first-hand the International Goat Research Center, the horticulture greenhouses, and Prairie View A&M Extension Service farm and facilities.

A tradeshow attended by over 50 agriculture businesses, organizations, and partners were on site to speak with attendees and provide information on services, programs, and resources as well as answer questions from the participants.

Harris County ANR was proud to partner with Urban Harvest as the premier sponsor for this year's event. Other significant donors included Texas Department of Agriculture, NASDA, Primeway Credit Union, Harris County Farm Bureau, Corteva Agri Science, Purina Feeds, Capital Farm Credit and Houston Livestock Show and Rodeo.



UPCOMING EVENTS

November

PRESERVING THE HARVEST CANNING WORKSHOP

Richard & Meg Weekley Community Center - 8440 Greenhouse Road, Cypress, TX, 77433

November 4, 2022 - 9:30 a.m. - 2:30 p.m. Register at <https://PreserveTheHarvest2022.eventbrite.com>

FALLING BACK IN LOVE WITH ME SENIOR EVENT

Prairie View A&M University Northwest Houston Center - 9449 Grant Road, Houston, TX 77070

November 9, 2022 - 8:30 a.m. - 3:00 p.m. Call 713-274-0950 to register.

HOUSTON URBAN TREE CONFERENCE

Houston Community College - 22910 Colonial Parkway, Katy, TX 77449 Register at <https://hutc2022.eventbrite.com>

November 11, 2022 - 9:00 a.m. - 3:00 p.m.

PRIVATE PESTICIDE APPLICATOR LICENSE TRAINING

10th Floor Conference Room - 13105 Northwest Freeway, Suite 1000 Contact 713-274-0950 Register at <https://Nov2022pest.eventbrite.com>

November 15, 2022 - 1:00-5:00 p.m.

MINDFUL EATING

Big Stone Lodge - 709 Riley Fuzzel Road, Spring, TX 77373

November 17, 2022 - 2:00 - 3:00 p.m.

December

HOME GROWN LECTURE SERIES: PLANTABLE CHRISTMAS TREE ALTERNATIVES

Online - Register at <http://homegrown2022.eventbrite.com>

December 1, 2022 - 10:00 - 11:00 a.m.

STRESS EATING

Glazier Senior Education Center - 16600 Pine Forest Lane, Houston, Texas 77084

December 14, 2022 - 2:30 - 3:30 p.m.

January

WALK N TALK (AN 8-WEEK SERIES)

Jim & JoAnn Fonteno Senior Education Center - 6600 Bissonnet St, Houston, TX 77074

Tuesdays, January 10, 2022 through February 28, 2022 - 10:00 a.m.

GET THE FACTS

Alexander Deussen Senior Center - 12303 Sonnier Street, Houston, TX 77044

Starts Wednesday, January 18, 2022 - 11:00 a.m.

GROWING AND NOURISHING HEALTHIER COMMUNITIES (A 6-WEEK SERIES)

Alexander Deussen Senior Center - 12303 Sonnier Street, Houston, TX 77044

Thursdays, January 19, 2022 through February 23, 2022 - 9:00 a.m.

2023 VEGETATIVE MANAGEMENT CONFERENCE

Details coming soon.

January 2023

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
November 2022

TEXAS A&M AGRILIFE EXTENSION SERVICE

David D. Wright

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Urban Program Director

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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..

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