

Extension At A Glance - Lubbock County

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Agriculture & Natural Resources / 4-H and Youth Development / Family and Consumer Sciences / Community Development

MISSION

**Improving the lives of people, businesses, and communities across Texas and beyond
through high-quality, relevant education.**

Volume 28, Issue II

2022 Second Quarter

Aug. 2022

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Horticulture

Christina Reid, County Extension Agent - Horticulture

● Cultivate, Cook & Create

This 10-week gardening and nutrition series took place with 37 elementary, middle and high school aged youth at the South Plains Food Bank GRUB Farm this summer. The students were divided into groups and rotated through 4 different sessions: cooking, nutrition, garden classroom and garden. Research shows that if a child grows and prepares his or her own vegetables, he or she is more likely to eat it. This series used the Learn, Grow, Eat & GO! Curriculum which can motivate youth to a better appreciation for nutrient dense foods.

● Strawberry Field Day - May 4, 2022

Agent Reid assisted with hosting a Strawberry Field Day event for 22 adults. Participants were able to walk Dr. Russ Wallace and Dr. Thayne Montague's research plots and make observations on varieties and growing styles of strawberries.

● Texas Master Gardener Conference - May 10, 2022

Agent Reid presented "Landscape Design" to 58 adult participants in the state wide Texas Master Gardener Conference virtually.

● 2022 Pepper Variety Trail

Agent Reid is currently conducting a pepper variety trial to find the most suitable pepper varieties for Lubbock County.



Kendra Messer,
Animals Domestic

- **Preston Smith Elementary School Garden & Rainwater Collection System**

Agent Reid has finished construction on the grant funded Star Garden at Preston Smith Elementary school. Students began planting pollinator plants, rainbow gardens, and edible plants in early April. Thank you to the High Plains Water District! The large and impressive rainwater collection system has been completed and is already filled to the max capacity of 1,100 gallons. This system and garden will now be used as educational tools and show pieces for the student body and their parents.

4-H and Youth Development

Ronda Alexander, County Extension Agent - 4-H and Youth Development

- **4-H Enrollment Time**

The summer has seemed to fly by and believe it or not it is also time for families to enroll or re-enroll in Lubbock County 4-H. This year enrollment is online again at 4-H Online

(<https://v2.4honline.com/#/user/sign-in>) This is the 3rd year that we have had 4-H Online, not 4-H Connect; if you didn't re-enroll last year, the 4-H Connect site will not work. Enrollment will begin on August 15 and is \$25 per member for 3rd-12th grade; as of November 1, the fee will go up to \$30. 4-H Clovers, (K-2nd grade) do not have an enrollment fee, however they do have to register on 4-H Online. Youth who are entering 3rd grade need to wait until after September 1 before they enroll in 4-H; otherwise they will be enrolled as Clover, not as an active 4-H member. Volunteers and parents who will be involved in a volunteer role also need to enroll on 4-H Online. There is a \$10 screening fee for volunteers. Parents are not required to be screened unless they plan to have a volunteer role; enrollment for volunteers can be completed at any time. If a parent plans to attend a volunteer certification (for example - shooting sports), it does take a couple of weeks to complete the screening process and the screening must be approved before they can sign up. When enrolling in 4-H, 4-H'ers must designate one 4-H club to be enrolled in. Not all of the 4-H Clubs are listed yet, some are waiting for their charter's to be approved. They should all be there in the next couple of weeks. Please contact Ronda, if you have questions about 4-H enrollment. The 4-H Clubs that will be available for this year are:

- Frenship 4-H Club
- Hub City 4-H Club
- Lubbock 3P Rifle Club
- Red Raider 4-H Club
- Shallowater 4-H Club
- Trinity 4-H Club
- Wildcat 4-H Club (Idalou)
- Southside 4-H Club

We will also have one new club for this year that is not listed yet. If your club is not listed, give it a couple of days before completing your enrollment. You will not be able to change your club, but you can add a second club; last year only the Extension Office was able to go back in and change your club membership.

- **Healthy Texas Youth Ambassadors**

This year, Lubbock County 4-H has one youth who has completed this year's training to be Healthy Texas Youth Ambassadors. Participants must attend the Regional Trainings and then complete at least 40 service hours during the next year. Last year, Mac Chaloupka completed his ambassador training with 43 hours of payback, Aaron Chaloupka completed 46 hours of payback and Wyatt Mandrell completed 46 hours of service payback. This year's Healthy Texas Youth Ambassador will be Aaron Chaloupka. If you have any activities that these youth may assist with this year related to Healthy Living, please contact Ronda Alexander.

- **4-H Clover Day Camp**

In July, Lubbock County 4-H Clovers were able to participate in the annual 4-H Clover Day Camp. Eight Clover Kids (youth in grades K-2nd) participated in various workshops conducted by five Senior 4-H'ers. Activities included: learning various line dances, making fruit smoothies with the Blender Bicycle, learning about hand-washing, and making fruit snakes. Craft activities that they constructed to be entered in the South Plains Fair included: beaded pumpkins, fabric flag wall-hangings, seed art designs and leather bookmarks.



- **4-H Food, Fun and Fashion Workshop**

This year we were able to continue one of our favorite summer activities - the annual 4-H Food, Fun and Fashion Workshop. Fifteen 4-H'ers participated in our annual day of activities. 4-H'ers were able to learn about proper hand-washing, making salsa with the "Blender Bicycle" and making lunch which included "make your own" quesadillas, guacamole, homemade flour tortilla chips, and apples nachos. 4-H'ers also

learned about and practiced writing “Thank You’s and had a dance break. Our afternoon activities also involved preparing entries for the South Plains Fair youth division. 4-H’ers were involved with making stamped leather bookmarks or coasters, tin can treasures, canning jar lid Christmas ornaments and beaded pumpkins. Be sure to look for these winning entries in the youth division at the South Plains Fair.

- **State 4-H Roundup**

This summer we were back in full swing with our annual trek to College Station for State 4-H Roundup in June. We had a total of 25 4-H’ers, 8+ volunteers and 3 county extension agents attending, with youth competing in 21 different 4-H Contests, with 22 entries. Three 4-H’ers were also recognized with Texas 4-H Foundation Scholarships: AJ Kendrick and Wyatt Mandrell each received \$10,000 McClean Estate scholarships and Ashlynn Messer received a \$20,000 Houston Livestock Show Scholarship. Contests they were competing in included: Horse Judging, Horse Quiz Bowl, Hippology, Livestock Judging, Photography Judging, Fashion Show, Soil Judging, Outdoor Challenge, Educational Presentations, Share the Fun - Poetry/Prose, Public Speaking, and Meat Judging.

- **Salute to Excellence Volunteer Recognized**

This year, we were excited to have four Lubbock County individuals recognized for their support from the Texas 4-H and Youth Development Program. Recognized were David Holt with the Leader’s Legacy Award, Gary and Kristy Henniger for the District 2 Salute to Excellence Award and Rita Wilson for the Texas 4-H Commendable Service Award. They will also be recognized at the Annual County 4-H Achievement Banquet and the District 4-H Gold Star Banquet.

- **Summertime 4-H Camps**

4-H offers a variety of summer camps for youth to participate in. This year for the second time, District 4-H Leadership Lab was held at Ceta Canyon. Twenty-eight Junior and Intermediate campers and 3 Senior counselors were able to participate in a variety of activities which included low-ropes course, sports games, team-building, tie-dyeing and even fishing. The Texas 4-H Center also offers a variety of summer camps and they do not require 4-H membership to attend. Three Senior 4-H members also attended District 4-H Power Camp in Canyon; and three senior members also attended Texas 4-H Congress held in Austin.

- **District 4-H Council Officer**

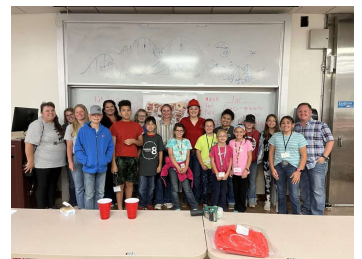
Congratulations to Lubbock County 4-H’ers Kaylee Walker and Lainee Cook for being elected to serve on the District 2 4-H Council. Kaylee will serve as Secretary/Treasurer and Lainee will serve as 3rd Vice-President.

- **4-H Recordbook Results**

This year, 46 4-H’ers were involved in submitting recordbooks for County, District and State Judging, as Junior, Intermediate and Senior participants. Twenty-eight recordbooks competed at District Judging and 4 recordbooks advanced to State Judging. Senior 4-H’ers competing at State will be Aaron Chaloupka - Gardening and Horticulture, Bax Edwards - Animal Agriculture, Kyndra Messer - Fashion and Interior Design and Ashlynn Messer - Food and Nutrition. Judging will be conducted mid-August.

- **4-H Veterinary Science Day Camp**

This summer we had the 2nd annual 4-H Veterinary Science Day Camp. This year’s focus was on large animals and was open for non-4-H’ers to also participate. The program was planned by Extension Summer Intern, Kyler Hardegree. Our first session was held at Texas Tech University where we were able to tour the Texas Tech Meats Lab and also participate in some hands-on activities including a taste test of beef. For our second day, we were able to participate in hands-on veterinary activities at Rocking P Veterinary Services of Idalou; these activities included using a mobile sonogram machine, seeing a horse get his teeth floated and then identifying different vet tools and equipment. Afterwards, we traveled to the Cotton Lane Dairy in Idalou for a first hand look at how the dairy milking process works. At our final session, we traveled to Amarillo and were able to tour the Texas Tech Veterinary School. Twenty-six youth were able to participate in this year’s outstanding experience!



Better Living for Texans

Cory Edwards, Extension Agent - BLT

Welcome to NEW BLT Extension Agent

The Lubbock County Extension Staff is pleased to welcome Amber Bozeman of Idalou as the new Extension Agent for the Better Living for Texans Program. Amber joined us at the end of May and has hit the ground running with summer nutrition programming for limited resource audiences, both youth and adults.

- **Learn, Grow, Eat GO!**

Amber has taught 3 complete 4 week series in the month of June. Additionally, she is participating in “Learn, Grow, Eat, GO!” with other county agents by teaching the 4 weekly nutrition lessons in the ongoing series. In addition, she has begun two 4-session series scheduled to be finished in August. During the month of June, Amber was able to attend training in College Station for new employees.

- **Choose Healthy**

Choose Healthy is a four-session series geared towards middle school children. The purpose of this series is to help young teenagers understand basic nutrition and wellness principles. The curriculum was written to empower youth to adopt better nutrition habits into their lives. The topics emphasized in this series are MyPlate, living a balanced life, making healthy choices, and healthy beverages. In June, Agent Bozeman had the opportunity to teach this series at After School Centers of Education (ACE) in Slaton and Shallowater. She also taught this program to Buckner’s Family Hope Center in July. This program has reached approximately 200 youth.

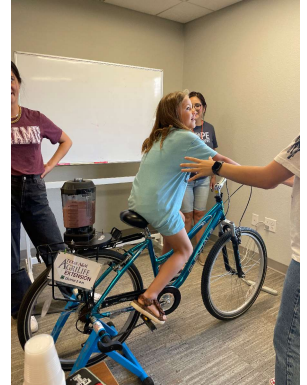
- **Cultivate, Cook, and Create**

This is a 10-week gardening and nutrition series that is ongoing through August 10th. This series is using the “Learn, Grow, Eat, GO!” Curriculum. This series is used to motivate youth through cooking, gardening and nutrition to have a better appreciation for nutrient-dense foods. Along with other agents, Amber has had the opportunity to participate in the program by providing the lessons for the 30 youth that are regularly coming to the South Plains Food Bank GRUB Farm to experience this program.



- **A Fresh Start to A Healthier YOU!**

A Fresh Start to a Healthier You! Includes researched based lessons that integrate the importance of healthy nutrition with an emphasis on increasing fruit and vegetable intake, physical activity, food safety, and food resource management. Agent Bozeman had the opportunity to co-teach this program. Amber looks forward to bringing this program to group of adults from Family Guidance and Outreach of Lubbock.



Family and Community Health

Cory Edwards, County Extension Agent-Family & Community Health
Ashlyn Aljoe, Asst. Extension Agent-Family & Community Health

- **Texas Extension Education Association (TEEA)**

The Texas Extension Education Association purpose is continuing education for women. It was created more than 100 years ago (as Tomato Clubs) so rural women could meet and learn skills to improve the family and community in which they lived. The county association of TEEA in Lubbock is called Lubbock Lunch Bunch. This group of eight ladies meets monthly for an educational program, led by a member, and to hold a business meeting. In April, members met at Raider Ranch assisted living facilities and enjoyed a program over container gardening presented by Christina Reid, CEA-Horticulture, Lubbock County. In May, members met at Forrest Heights Methodist Church for a program over bees and bee-keeping provided by the presidents of Lubbock County’s beekeeping association. Plans are also being made to assist with the State TEEA Conference which will be held in Lubbock in September 2022.

- **Food Handlers**

As part of Agent Edwards’ Food Safety plan, two Food Handlers certification courses were offered - one in April and one in June. These courses are offered to Lubbock County residents for \$20. Each participant that completes the two-hour course receives their Food Handlers card which is required to be obtained within 30 days of employment at a retail establishment.

- **Virtual Dinner Tonight healthy Cooking School**

In May, Agent Edwards collaborated with 5 other Extension Agents across the South Plains to provide a Virtual Dinner Tonight Healthy Cooking School through a private Facebook group. During the free 12-week cooking school, the 127 participants are learning about a variety of cooking techniques and tools and tricks for preparing healthy meals for themselves and their family! The goals of this school are to promote family mealtime, teach families healthy meal planning and food preparation techniques, and promote Texas agriculture. Topics presented each week included: Menu Planning/M meal Preparation, Making Food Dollars Stretch, Hydration, Fewer than 5 Ingredients, Grilling, Fresh Foods, Pantry Staples, Snacking, Canned Goods, Frozen Foods, Leftovers and Using Leftovers and Slow Cookers/Multi-function Cookers. The Healthy Cooking School began May 30th and will conclude August 21st.

- **Preserving Your Harvest**

To promote and educate individuals about safe home food preservation, two canning class have been held in Lubbock. The class in May was a training for 15 Extension Agents to prepare them to share information in their own counties. In July, a “Preserving Your Harvest” canning class was offered to the public in Lubbock county. Six adults and two youth attended the class. The classes included information on hands-on activities for both pressure and water bath canning. Participants were able to make and take a jar of jam or salsa and a jar of carrots.

- **A Fresh Start to a Healthier You!**

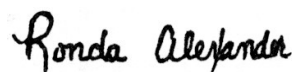
A Fresh Start to a Healthier You! Includes researched based lessons that integrate the importance of healthy nutrition with an emphasis on increasing fruit and vegetable intake, physical activity, food safety, and food resource management. Agent Aljoe had the opportunity to lead this series from March-July for the Foster Grandparents Program. This was a collaboration with Texas Health and Human Services which included 30 participants. Participants were able to view food demonstrations in order to expand their cooking skills. They were excited that the recipes were provided for them to cook on their own later.

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