

@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.

[\(https://aggie-horticulture.tamu.edu/vegetable/easy-gardening-series/\)](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/](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://agrifileam.tamu.edu/s/product/fall-vegetable-gardening-guide/0114x000004Ofit>  
Photo: Microsoft Image

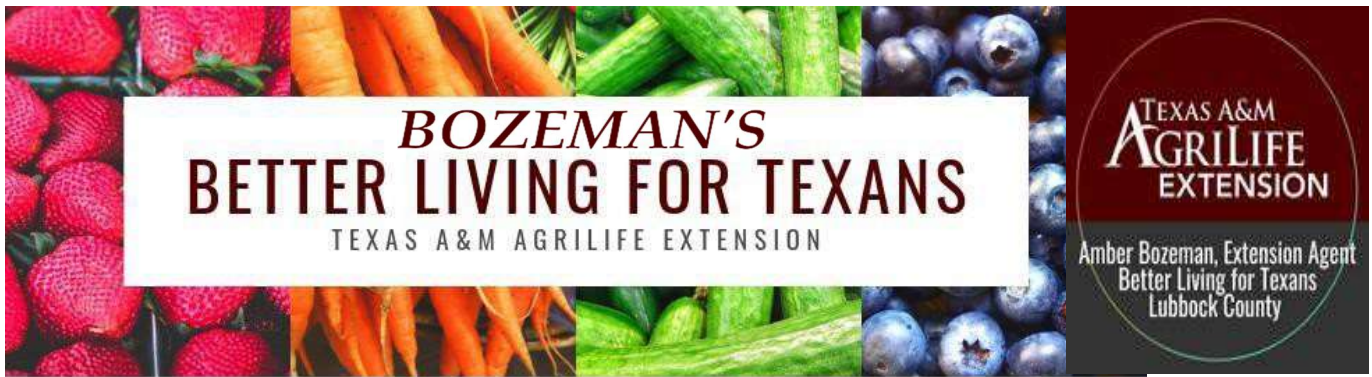
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. USDA is an equal opportunity provider and employer.

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.



**BETTER LIVING FOR TEXANS**



f @BETTERLIVINGFORTEXANS

@BETTERTEXANS

September 2022

## Local Events

**Walk and Talk- Wednesday**  
 Lubbock Dreams Center -8am-9am  
 Lubbock Senior Center 11am-12pm  
 Shallowater ACE 4pm-5pm

**HEALTHY CARBOHYDRATES**

FALL NUTRITION SERIES

- Lubbock Senior Center
- Lubbock Dream Center
- Mae Simmons Community Center
- Maggic Trejo Community Center
- Copper Rawlings Community Center
- Texas Health and Human Services

**A FRESH START**

VIRTUAL SERIES

SEPTEMBER 2022



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

## 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: \$\$\$\$**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.



BETTER LIVING FOR TEXANS

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.