

# THE BETTER LIVING DIARIES

March 2023- issue3



Hi there,  
I'm Amber.

I am a farmer's wife,  
mother, foodie, and an  
extension agent!

Better Living for Texans  
program provides research and  
evidence-based nutrition,  
health and wellness knowledge  
to empower individuals,  
families, and communities to  
make positive changes for  
healthier lives

Add a little bit of Ingredients:  
1/3  
cup low-fat grated parmesan cheese  
1  
teaspoon flour  
1  
teaspoon fresh thyme sprigs  
(or 1/4 teaspoon dried thyme)  
4  
(6-ounce) white fish fillets (tilapia, cod, catfish)  
2  
teaspoons oil  
1  
medium onion, chopped  
1  
cup mushrooms, chopped  
1/2  
cup green onions, finely sliced  
1  
clove garlic, crushed  
ground black pepper (to taste)  
squeeze of lemon (optional)  
text



Your Nutrients Per Serving:  
204 calories, 2 g total fat, 0 g saturated fat, 122 mg  
cholesterol, 227mg sodium,  
8 g carbohydrates, 1 g fiber, 2 g total sugar, 0 g added  
sugar, and 37 g protein  
text

## Baked Parmesan Fish



# What's new

*A Fresh Start!*

*weekly Zoom classes  
with Family and  
Parent Outreach of  
Lubbock!*



Learn about food safety, planning healthy meals,  
saving money on groceries, and nutrition!

*Learn, Grow, Eat, Go in partnership with Shallowater Ace, New  
Deal Ace, and Carmona Harrison Elementary!*



*Healthy  
Carbohydrates  
four session  
series*

Growing and Nourishing Healthy Communities in  
partnership with Lubbock Senior Center, Copper  
Rawlings Community Center, Mae Simmons Senior  
Center, and Maggie Trejo Community Center!

# Spring Gardening

April 14th is National Gardening Day! This day has been established to recognize gardening and horticulture, and to encourage more people to plant their own garden. Planting your own garden not only offers physical activity, it also helps improve healthy eating habits by increasing access to vegetables.

Gardening is fun and although it can be difficult sometimes, it's enjoyable watching seeds grow into plants then into vegetables. If I can learn and be successful at gardening, anyone can do it! There have been years that my tomatoes have contracted disease prior to harvesting, worms infested the plants, and I've planted seeds too close together resulting in a poor harvest. The reason I do not give up is because there have been successful years that make it worth the effort.

To find answers to my gardening questions, I refer to <https://aggie-horticulture.tamu.edu/>. This site has been established by Texas A&M Aggie Horticulture and offers vegetable resources with fact sheets on easy gardening, tips for planting a variety of vegetables, and solutions to common problems.

Before you begin gardening, consider what type of garden you want. The three types that Aggie Horticulture recommend are container, raised bed, or tilled gardens. Also consider the garden's location for good sunlight and water access. When I began gardening, I started with containers and a small raised bed for easy access to pull those pesky weeds. Some of my favorite vegetables to grow are tomatoes, cucumbers, summer squash, and zucchini. One year, I planted watermelon along a fence, and they were the sweetest watermelon I had ever eaten.

Aggie Horticulture also provides a planting chart for the state of Texas. Learning about freeze dates and planting after those dates, will help prevent plants from freezing. Greg Grant, a horticulture agent in Smith County, always recommends planting after Easter as it is better to be safe than lose our plants to cold temperatures.

*Written by Tami Putnam,*

*Regional Project Specialist - Better Living for Texans*

*Photo source: unsplash.com*

Help us celebrate National Gardening Day by planting a small garden to enjoy time outside, physical activity,

