

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.**

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Horticulture

Christina Reid, County Extension Agent - Horticulture

● Cultivate, Cook & Create

This 10-week gardening and nutrition series took place with 39 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

Agent Reid assisted with hosting a Strawberry Field Day event for 29 adults. Participants were able to sample and make observations of varieties trialed by Dr. Russ Wallace and Dr. Thayne Montague.

● Smith Sprouts

This after school gardening club program reached an average of 75 youth twice a month. Smith Sprouts offers a variety of hands-on learning activities to engage students in environmental stewardship, horticulture, and nutrition.

● Lubbock Master Gardener Demonstration Garden

The Lubbock Master Gardener Association is completing the first phase of the open to the public Demonstration Garden: Raised Beds. The Demonstration Garden is located at the Lubbock Memorial Arboretum (4111 University) and will be



Reese Bading, Senior Animals-Wildlife

used as an outdoor classroom and allow general public access to gather ideas.

- **Frenship ISD AG Day**

The Lubbock Master Gardener Association (LMGA) hosted a program of 800 5th grade Frenship ISD students during their AG Day. LMGA members taught seed germination and planting techniques.

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 4th year that we have had 4-H Online, not 4-H Connect. 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. 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
- Shallowater 4-H Club
- Trinity 4-H Club
- Wildcat 4-H Club (Idalou)
- Southside 4-H Club
- Rabbit 4-H Club
- Caprock 4-H Club

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.

- **4-H Clover Day Camp**

In July, Lubbock County 4-H Clovers were able to participate in the annual 4-H Clover Day Camp. Four Clover Kids (youth in grades K-2nd) participated in various workshops conducted by eight Senior 4-H'ers. Activities included: learning various line dances, making fruit smoothies with the Blender Bicycle, learning about hand-washing, and making healthy snacks. Craft activities that they constructed to be entered in the South Plains Fair included: reindeer pinecones, jar ring Christmas ornaments and pot holders.



- **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. Seventeen 4-H'ers participated in our annual day of activities. 4-H'ers were able to learn about proper hand-washing, making smoothies with the "Blender Bicycle" and making lunch which included "make your own" pizza, fruit & veggie charcuteries, home made ranch dressing and ice cream in a bag. 4-H'ers also had a lesson on etiquette and manners. 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, flag wall-hangings, reindeer pinecones and jar ring Christmas ornaments. 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 28 4-H'ers, 16 volunteers and 3 county extension agents attending, with youth competing in 22 different 4-H Contests. Four 4-H'ers were also recognized with Texas 4-H Foundation Scholarships: David Kendrick received \$20,000.00

San Antonio scholarship, Bax Edwards received a \$10,000 Ft Worth Syndicate scholarship, Jacob Everitt received a \$10,000 Davidson Foundation Scholarship and Brier Griffis received a \$5,000 Bob Benson Memorial Scholarship. Contests they were competing in included: Horse Judging, Horse Quiz Bowl, Hippology, Livestock Judging, Duds to Dazzle, Fashion Show, Meat Judging, Food Challenge, Educational Presentations, Public Speaking, Livestock Quiz Bowl and Family and Community Health Quiz Bowl. Madison Chaloupka was also elected to serve as a Delegate-At-Large on the State 4-H Council.

- **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. Thirty-six Junior and Intermediate campers and 7 Senior counselors were able to participate in a variety of activities which included low-ropes course, sports games, team-building, 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. Nine Senior 4-H members also attended District 4-H Power Camp in Canyon.

- **District 4-H Council Officer**

Congratulations to Lubbock County 4-H'ers Kyndra Messer and Reagan Stokes for being elected to serve on the District 2 4-H Council. Reagan will serve as Secretary/Treasurer and Kyndra will serve as 2nd Vice-President.

- **4-H Recordbook Results**

This year, 47 4-H'ers were involved in submitting recordbooks for County, District and State Judging, as Junior, Intermediate and Senior participants. Thirty-two recordbooks competed at District Judging and 7 recordbooks advanced to State Judging. Senior 4-H'ers competing at State will be Aaron Chaloupka - Gardening and Horticulture, Brynlee Edwards - Food & Nutrition, Madison Chaloupka - Horse, Kyndra Messer - Fashion & Interior Design, Jacob Everitt - Health, Stone Beach - Public Speaking, and Lana Brickey - Poultry. Judging will be conducted mid-August.

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

This summer we had the 3rd 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 touring the Texas Tech University Vet School and Frontier Market in Plainview. For our second day, we were able to participate in hands-on activities learning about Sheep, Beef and Swine. We also had hands on activities with sheep at the Texas Tech Farm. Twenty-six youth were able to participate in this year's outstanding experience!



Family and Community Health

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

- **USDA REEU Nutrition BEST Grant**

For the 3rd year, Agent Edwards has been working with professors at Texas Tech University to host summer interns in the Lubbock AgriLife Extension Office through the USDA REEU Nutrition BEST grant. After participating in a feedback interview and several meetings, two interns were hired for the 2023 summer in Lubbock. Agent Edwards coordinated efforts with Agent Reid and Agent Bozeman who agreed to oversee this summer's interns.

- **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. Agent Edwards serves as advisor of the county association/club in Lubbock which is called Lubbock Lunch Bunch. At the April monthly meeting, four group members met at the Abernathy Senior Citizens and enjoyed a program presented by Agent Edwards called "Canning: Has it Changed Since Your Grandmother's Day?" In May, a group of six met in Slaton to tour the Harvey House and eat lunch at

Texas 1809. Monthly meetings will resume in September.

- **Cooking Up a Cottage Food Business**

Agent Edwards worked with the District Food Safety Team in May to hold a cottage food business training. Twenty-four were in attendance and received training on cottage food law and safe food handling. Participants earned a food handlers card and participated in a Q&A with Kassi Anthony, Public Sanitation & Retail Food Safety Supervisor for Public Health Region 1 in Lubbock.

- **Canning: Has it Changed Since Your Grandmother's Day?**

Agent Edwards presented information on safe canning practices and recipes for the Lubbock Arboretum on Saturday, June 10th at their monthly educational presentation meeting. Ten members were present to learn about resources, equipment, and basic practices.

- **Car Seat Check Up**

Agent Edwards assisted with a Car Seat Check Up event held in Slaton at the Smith Ford Dealership on June 22. Eleven car seats were checked by a team of certified car seat installers. The Passenger Safety KidSafe Initiatives Project provides new, replacement car seats for seats that do not meet the current safety standards.

- **A Matter of Balance**

Agent Aljoe taught A Matter of Balance at The Isles at Raider Ranch. The program had 8 classes, which were 2 hours each. The first class was on May 2nd and had 10 participants in attendance. The classes were held once a week on Tuesdays from 2-4pm. The program concluded on June 28th with a lesson and a graduation with 6 graduates! Each class had its own lesson covering fall prevention, how to ask for help and realizing as we age our bodies do change but will always benefit from exercise. Not only was there a lesson, but also a 30-minute workout that was conducted as a group. The participants had workbooks which included the workouts in them, along with some homework, which allowed everyone to take the workouts with them to their rooms and do it during the week, which several did. Group discussions over each lesson brought several out of their shell. A lot of friends were made, as laughs and even some stories from childhood were shared. After reviewing the pre and post surveys that the participants filled out, there were only positive results and changes made. All enjoyed the workouts and said they were going to

continue the workouts and understand the benefits exercise has.

Better Living for Texans

Amber Bozeman, Extension Agent - BLT

- **Growing and Nourishing Healthy Communities**

The Growing and Nourishing Healthy Communities Garden Course, which is funded in part, by the Supplemental Nutrition Assistance Program (SNAP), helps increase the availability of fresh produce through teaching participants how to grow fruits and vegetables in community and backyard gardens. The gardening series includes topics such as how to select the right garden location, planting and watering techniques, controlling insects, and composting. By incorporating cooking demonstrations using the produce grown, participants learn how to prepare the produce they harvest. Agent Bozeman started this program with Lubbock Senior Center, Homestead Senior Apartments, Mae Simmons Senior Center, Maggie Trejo Senior Center, and Copper Rawlings Center. She has 157 participants in this program.



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

(LGEG) is the research & evidence-based curriculum project of the Junior Master Gardener® Program that combines academic achievement, gardening, nutrient-dense food experiences, physical activity, and school and family engagement. Created by teachers, this is a linear set of hands-on, proven lessons, that will help students will better understand plants and how plants provide for people's needs. The 10-week (2 lessons/week) unit of study helps the class through the process of establishing a thriving garden that is easy to create and maintain. The easy-to-follow curriculum features opportunities for fresh vegetable tasting/evaluation, simple recipe demos, and physical activities that research shows can improve on-task behavior and academic performance. Agent Bozeman has started this program in partnership with New Deal Afterschool Centers for Education (ACE), Shallowater Afterschool Centers for Education (ACE), Carmona Harrison Elementary, and South Plains Food Bank Grub farm. Agent Bozeman has had 453 participants start this program, and 399 graduates.

- **Cultivate, Cook, and Create**

This is a 10-week gardening and nutrition series that is ongoing through August 9th. This series uses the “Learn, Grow, Eat, GO!” Curriculum. This series is used to motivate youth through cooking, gardening and nutrition to have a better understanding of and appreciation for nutrient dense foods. Along with other agents, Cory Edwards, Ashlyn Aljoe, Christina Reid, and two interns from Texas Tech, Amber has had the opportunity to conduct this program to 50 youth at the South Plains Food Bank Grub Farm.



LAB Members Tour TTU Vet School

Leadership Advisory Board members also attended the 4-H Vet Science Tour to the Texas Tech Vet School in Amarillo. This served as the July LAB meeting.

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