

MARCH 2024

ANGELINA COUNTY - TEXAS A&M AGRILIFE EXTENSION SERVICES

2201 S. Medford Dr. Lufkin, TX 75901

www.angelina.agrilife.org



See more inside from our agents



Cary Sims,
Agriculture and
Natural Resources



Ryan Merrel,
4-H and Youth
Development



Joel Redus,
Family and
Community Health



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.

HELPING TEXANS THRIVE

The Texas A&M AgriLife Extension Service Strategic Plan builds upon our values and mission to focus on our strengths and utilize innovative technology to serve many Texans in impactful and lasting ways.

MISSION

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.



4-H and Youth Development

Ryan Merrel, County Extension Agent



Scholarship Deadlines coming up:



Angelina County Youth Development Foundation and the Jerry Johnson scholarships

Angelina County Youth Development Foundation and the Jerry Johnson scholarships are due April 1, 2024.

Angelina Benefit Rodeo Calf Scramble

Angelina Benefit Rodeo Calf Scramble application due to no later than March 22nd at 4pm. Application can be found at [Angelinabenefitrodeo.com](https://angelinabenefitrodeo.com)

This is a 4-H Congress Year and you should really consider signing up in April to go! July 14-17, 2024

Ryan Merrel, 4-H and Youth Development

UPCOMING EVENTS

FEB.- MARCH 7TH

Registration opens for the state 4-H Virtual Fishing Skillathon

. Spring Tournament will be March 15th – May 27th and the Summer tournament will be June 1st through Aug. 31st. This year there are even saltwater divisions so if you are on a family beach trip might as well try to win a fishing contest too!

Reg. Closes Mid-March

D5 4-H Round Up "Come Alive in D5" online registration.

MARCH 1ST

D5 Entomology ID Photography Contest is due and pictures uploaded to Submittable

MARCH 1ST-JUNE 15TH

The District 5 Photography Contest Registration on 4-Honline.com and photos are uploaded on Submittable as well. Don't forget, this year adults can compete too!

MARCH 4TH

County Council Meeting

@ 5 pm The County Council will be voting for the Salute to Excellence so every club needs to have their representatives there to present their clubs' nominee.

4H events continued >>>



4-H and Youth Development

Ryan Merrel, County Extension Agent



Angelina County Fair On March 18th - 23rd



Scenes from past Angelina County Fairs.

Monday

Forestry, Desserts/cheesecakes, Public Speaking Contest, Shotgun, and Archery

Tuesday

Cookies, Breads, Broiler Show, and Ag Mech

Wednesday

Pies, Cakes, Market and Breeding Rabbits, check in for all livestock, arts and Crafts

Thursday

Goat, Lamb, Horse, Arts/Crafts Shows, Reach for the Stars, Stick Horse Rodeo, and Relay Races

Friday

Hog, Commercial Heifer, Beef Heifer, and Steer Shows, and Barn Bash Dance

Saturday

Buckle Bash Heifer Show, Washer Tournament, Pee Wee Show, BBQ Cook Off, Awards and Auction

UPCOMING EVENTS CONTINUED

MARCH 14TH

4-H Archery Practice will be at the George H. Henderson Expo Center at 5:30pm

-No practice on March 21st because of the County Fair. You should be following the Angelina County 4-H Archery Facebook page for updates and changes.

Mar. 22nd-23rd-

State 4-H Indoor Archery Contest in Carthage at the Panola County Expo Center

MARCH 22ND

Register online for D5 Horse Judging-Contest will be held April 8th at the Cross Brand Cowboy Church, In Tyler.

MARCH 22ND

Angelina Benefit Rodeo Calf Scramble application due @ 4pm

Application can be found at Angelinabenefitrodeo.com



For more information about the Angelina County 4-H program, please contact Ryan Merrel, CEA 4-H & Youth Development 936-634-6414x4 or remerrel@ag.tamu.edu



Agriculture and Natural Resources

Cary Sims, County Extension Agent

Annual Spring Plant Sale



March 23rd- Annual Spring Plant Sale at the Farmer's Market. Gates open at 8:00 am and close when we sell out. Funds raised are used to promote horticultural education efforts. Will have a large selection of plants. Payment is by cash or check only.



LANDSCAPE: Do you have spring weeds in the way of your lawn? Too often the first time mowing a lawn in the spring is simply to mow down the weeds. These weeds that we see at this time of year started their growth in the fall, grew a little over the winter and are finishing strong in the spring months. It's not that they are difficult to kill, as many of them are quite easy to get rid of. The issue is that we don't want to harm your turfgrass. Choose herbicides carefully. Know what your summer turfgrass is. Centipede, Common Bermuda, Zoysia and (the most popular one) San Augustine are what you likely have. Remember that an application of a pre-emergent herbicide will do nothing to those weeds currently growing. There are lots of options on the market and make sure you don't harm your summer lawn turfgrass when getting rid of winter annuals.

UPCOMING EVENTS

MARCH 13TH **MORNING PASTURE** **DISCUSSION**

7-8 a.m. at Charlie's in Lufkin. A general credit will be given towards the C.E.U.s needed for pesticide licenses. This is a monthly series held every 2nd Wednesday at Charlies Restaurant, across from Café Del Rio.

MARCH 14TH **Pineywoods Beekeepers** **Monthly Meeting**

This group of avid beekeepers meets on the 2nd Thursday of the month at 6:30 pm at Angelina Co. Chamber of Commerce, 1615 S. Chestnut, Lufkin.

March 18TH **Pond Management Seminar**

Spring is the time to treat for weeds, clear muddy water, and stock fish. 1 CEU. 6:30 pm

MARCH 19TH **Noon Gardening Seminar**

12-1PM Come join our volunteer Master Gardeners during the noon hour as we learn about fantastic perennials to add to your landscape. Free to the public. Local Master Gardener volunteer, Elaine Cameron, is our guest speaker.

For more information about these or other gardening and agricultural events, call 634-6414 x 2 or e-mail cw-sims@tamu.edu.

Agriculture and Natural Resources



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CATTLE AND HAY:

Though we are approaching the average last frost date for our regions (mid March), be prepared to wait a good bit more before applying commercial fertilizer to hay meadows. According to research and lots of experience from long time producers, our warm season grasses won't start growing until the minimum nightly temperature stays at 60 degrees F for 5 nights in a row. If you jump the gun, you'll be fertilizing winter annuals and not your intended pasture forage. This may be just fine if you have ryegrass or a small grain that you are depending on but the nitrogen fertilizer will be used for those grasses and grains rather than going towards your first Bermuda hay cutting.



March is a Transitional Month Our historical average last frost happens in mid-March. As such, we get very excited to fertilize hay meadows and lawns, and plant summer loving vegetable gardens. Truthfully at mid-March, you still have a 50-50 chance of frost.

The point? Fertilize and plant in mid-March knowing that you may have to protect plants from a late cold-spell, and you could even be fertilizing more weeds than grasses in your lawn or hay meadow. Study the long-term forecast when planting cold sensitive crops and be ready for surprises that come your way.

GARDENING:

Feeling lucky? Even as we reach the historical average of the last frost date in mid-March, that means we still have a 50% chance of frost after mid-March. Smaller gardeners, like myself, may go ahead and plant frost sensitive vegetables with the full knowledge that I may have to cover them up from a frost or have them killed off then to replant. **“We ain’t done with winter yet.”**

ANNUAL SPRING *Plant Sale*



**Assorted Native
Plants adapted
to our area-
Perennials and
Pollinators and
many more!**

****ACCEPTING
CASH AND
CHECKS ONLY.****

SATURDAY, MARCH 23, 2024

BEGINNING AT 8 A.M. UNTIL SOLD OUT

ANGELINA COUNTY FARMERS MARKET

2107 S. MEDFORD DR., LUFKIN

FACEBOOK/MASTER GARDENERS ANGELINA COUNTY

Family and Community Health

Joel Redus, MS, RDN, LD - FCH County Extension Agent

February's Lunch & Learn Recap

A big THANK YOU to the Heart Institute of East Texas for sponsoring the meal at the February Heart Health Lunch & Learn and for Dr. Yugandhar Manda for delivering an excellent and actionable presentation, "Heart Attacks and CAD & How Can You Prevent It!"

Among much great information, Dr. Manda gave some spot-on nutritional advice on reducing risk for heart disease: The number one dietary related risk factor for chronic disease in our country is overconsumption of calories (i.e. eating more than what we need). I know it sounds simple, but it's true. Think about this – Do you know anyone that has improved their health by eating low-carb? What about low-fat? Or vegetarian? Paleo? Gluten-free? How about time-restricted eating/intermittent fasting?

What about tracking macros (macronutrients: fat, protein, carbs)? I have seen, and research shows, that people can lose weight and improve health with any of these strategies, assuming adherence. Although none of these eating plans is right for everyone and none is the "best" way, the common denominator is that it forces one to restrict overall calories and avoid overeating in some way. The "best" diet is usually the one that you can stick with! Talk to your healthcare provider or a registered dietitian nutritionist if you need help figuring out what works for you!



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Family and Community Health

Joel Redus, MS, RDN, LD - FCH County Extension Agent

March is Living Well Month



Health is a lot more than how one looks and feels. Conversations about health should include all eight dimensions or areas of wellness—that is mental, social, emotional, spiritual, financial, occupational, environmental, and intellectual. That's the focus of Living Well Month, a national event in March promoting overall wellness and the education provided by Family and Consumer Sciences professionals to improve the lives of people, families, and communities.

To make every month a “Living Well Month,” consider these tips:

1. Engage children in at least 60 minutes of physical activity on most days of the week. Adults need at least 30 minutes of physical activity. Play sports or recreational games, turn on some music and dance, hula hoop, or make an obstacle course. Take a walk or a bike ride in your neighborhood. All movement counts.

2. Start planning a garden now to work in the spring and summer. Gardening is great physical activity. This activity could also nurture your mental and environmental wellness.

3. Rethink your drink. The average adult human body is approximately 60 percent water. Water regulates every living cell's process and chemical reactions. It transports nutrients and oxygen. Water also helps to maintain normal bowel habits and prevent constipation. Reduce the amount of soda and fruit drinks consumed daily.

4. Eat a variety of healthful foods. Eat colorful fruits and vegetables every day. Most people need to increase their fruit and vegetable intake. Have a sliced banana on cereal for breakfast. Enjoy a sandwich loaded with vegetables at lunch. At dinner, steam some vegetables and prepare a fruit parfait with yogurt for dessert. Try new fruits and vegetables. If there's a kind you don't like, try preparing it in a different way. See www.choosemyplate.gov for more information about nutrition for yourself and members of your family.

5. Read, read, read. Go to the library and check out books. Keep the mental stimulation flowing throughout the year regardless of your age. This will stimulate your intellectual health.

6. Talk to a friend or start a journal to get your thoughts and feelings off your chest. Staying in check with emotional health can be tough, but it's important.

7. Maintain a healthy home. Check that your smoke detector is working correctly and test for the presence of Radon. Help manage allergies and/or asthma by cleaning and vacuuming regularly to reduce allergy triggers in the home. Avoid accidental poisonings by keeping medications locked up, and cleaning agents and other poisons out of reach of children.

8. Keep your family finances in check. Track your expenses and update your budget regularly. Eat at home often because meals outside of home almost always cost more and are less healthy. Plan your menus and use coupons as a planning tool. Creating and sticking to a budget, along with paying off debt are great first steps to financial wellness.

LOOKING AHEAD!

The next “Cooking Well with Diabetes” hands-on cooking class series for people with diabetes will be

March 26, April 2 and April 9th
10: 00 A.M to Noon

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Cooking Well with Diabetes

3-part cooking class for people with diabetes or anyone that prepares food for them

Space is limited so sign up early!

\$30 per individual or \$50 per couple

FOR MORE INFO



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County Extension Agent for Family & Community Health
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936-634-6414 x1
Angelina.Agrilife.org/cooking-well-with-diabetes/



**COOKING
WELL**
WITH DIABETES

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WELLNESS LUNCH & LEARN

Next program will be **APRIL 10TH**

"Growing and Cooking with Herbs" Lunch & Learn

**With Julia Cañas, Angelina County Master Gardener and CEO of Live Well Farms
Wednesday, April 10th**

Prepare to engage all your senses with a show and tell of culinary herbs, including tips on easy-to-grow varieties, to help make your meals healthier and more flavorful year-round.

**Lunch served at noon. \$5 donation requested to cover food costs.
Presentation and discussion
12:10-12:45pm. RSVP required by
Monday, April 8th.
(936) 634-6414**



This program is part of the Wellness Lunch & Learn series provided the second Wednesday of select months at the Texas A&M AgriLife Extension office at 2201 S Medford Dr. in Lufkin. All are invited to these short and sweet seminars covering a variety of health and wellness topics. Expect to receive straightforward information to empower you to make wise decisions and live a healthy lifestyle.