

WHAT WE DO:

Texas A&M AgriLife Extension is a unique education agency that provides programs, tools, and resources on a local and statewide level that teach people how to improve agriculture and food production, advance health practices, protect the environment, strengthen the economy, and enrich youth.

With 250 county offices serving Texans in all 254 counties, County Extension Agents serve families, youth, communities and businesses throughout the state.

EXTENSION STAFF

Tony Reisinger
County Extension Agent
Coastal & Marine Resources

Marco Ponce
County Extension Agent
4-H & Youth Development

Lilian Mezquida
County Extension Agent
Family & Community Health

Jennifer Herrera
County Extension Agent
Horticulture

Guadalupe Castro
Cooperative Extension Agent
4-H & Youth Development

Gloria Carter
Cooperative Extension Agent
Family & Community Health

Melissa DeLeon
EFNEP Agent

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CONTACT US:

Cameron County Extension Office:
956-361-8236

VISIT US AT:

www.cameron.agrilife.org



www.facebook.com/agrilife.cameron

Expanded Food and Nutrition Education Program Educating Families since 1969

By: Melissa DeLeon, EFNEP Agent

The Expanded Food and Nutrition Education Program (EFNEP) helps young families and youth with limited resources-those most at risk to suffer from hunger, food insecurity and the inability to connect with available support systems. EFNEP offers practical lessons in basic nutrition, food preparation, food budget management and food safety in setting convenient for the participants.



CAMERON COUNTY OUTREACH

January - March 2019

- 526 families enrolled in EFNEP
- 323 graduated from the adult program
- 5,556 youth contacts were made through the EFNEP youth program
- 4,924 graduated from the youth program

VOLUNTEERS STRENGTHEN EFNEP

January - March 2019 51 volunteers donated 1,142.5 hours of work to EFNEP in Cameron County. At a Texas rate \$25.11/hr, this volunteerism has a minimum dollar value of \$28,663.

EFNEP MAKES A REAL DIFFERENCE

Adult Program

Using "hands-on" experiences, EFNEP adult participants complete at least a six-lesson series on stretching food dollars, improving eating habits, and practicing food safety principles. As a result of participation in EFNEP participants learn to: prepare more meals and snacks at home, be more active, control portion size and have more energy.

Youth Program

The EFNEP-Youth program is directed toward low-income school-age youth. These students participate in a series of fun and educational lessons on good nutrition and food safety as part of summer programs, classroom and after-school activities. Through fun and engaging activities youth learn to: build a healthy plate, set limits on sugar, fats and sodium, be active, food safety and to practice healthy behaviors.



For more information visit efnep.tamu.edu.

 CameronTXEFNEP

 TX_EFNEP



4-H & Youth Development

By: Marco Ponce, CEA 4-H

Visit us at - bit.ly/Cam4HYouth
facebook.com/CameronCounty4H/

D12 4H Rifle Match



21 Cameron County
 4-H Members
 participated

Senior Team will be
 advancing to the State 4-H
 Rifle Match

Congratulations



Sale of Champions

Rio Grande Valley Livestock Show

41

Cameron County 4H
 Members made the SALE of
 Champions with their
 livestock projects



Members
 Placed High:

- Photography
- Cotton Style Show
- Livestock Judging

CEP 4-H & Youth Development

By: Guadalupe Castro, CEP 4H

Visit us at - bit.ly/CEP4HandYouth
facebook.com/cameroncountycep4h



Growing U

'Growing U' students from
 Sullivan 4-H Club visited Food
 Bank in Pharr and
 AgriLife Research Center.

- Production Farming
- Chickens
- Hydroponics

35 students
 from Sullivan Elementary



Robotics

On January 19

8 clubs

from San Benito After
 school practice
 Robotics Competitions



On March 23rd

total of
17 teams
 participated

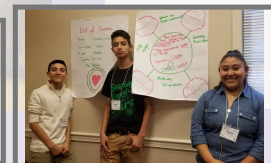
San Benito
 After School
 Program held
 their 4-H Gear
 Competition

Teen Ambassadors attended the
 National 4-H Healthy Living summit in Washington, DC



3 members

from Future Leaders of
 Brownsville 4-H Club



Family & Community Health

By: Lilian Mezquida, CEA FCH Agent

Visit us at - bit.ly/CAM_FCH



Parenting Connections Workshop



13

 participants



- Guidance/Discipline
- Parent-child Communication
- Promoting Healthy Self-Esteem in children



CEP Family & Community Health

By: Gloria Carter, CEP FCH Agent

Visit us at - bit.ly/CEP_FCH

Choose Health: Food, Fun & Fitness

6 weekly sessions

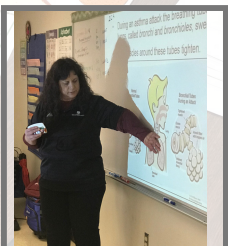
35 graduates

Students at various San Benito CISD schools learned the importance of eating healthier & being more physically active



Asthma & How to maintain a Healthy Home

17 attendees
 Los Fresnos CISD
 Parental Engagement Department



A Taste of Latin American Heritage



30 participants

Learned on eating a more plant based diet based on foods historically eaten by the Latin American Culture

6

Weekly Sessions throughout schools in the Harlingen Independent School District

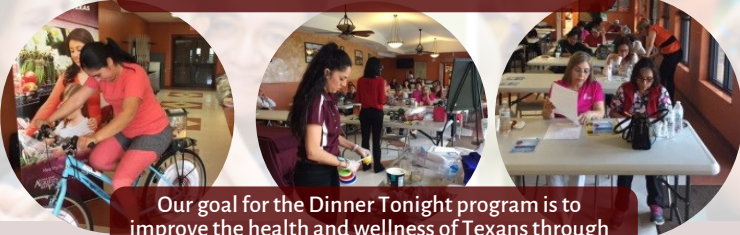
Healthy South Texas

By: Lilian Mezquida, CEA FCH Agent

Visit us at -
bit.ly/CAM_HST
 facebook.com/HSTXCameronCounty/

Dinner Tonight

The Dinner Tonight Program was developed to provide busy families with quick, healthy, cost effective recipes that tastes great.



Our goal for the Dinner Tonight program is to improve the health and wellness of Texans through nutrition education.


Mobile Cooking School



35 participants

Better Living for Texans

By: Esmeralda Avila, Nutrition Education Associate & Nidia Garcia, BLT Extension Educator

Visit us at -
bit.ly/CAM_BLT
 bit.ly/FacebookBLTCameron

A statewide nutrition education program for adults (and kids) who want to learn how to make healthy meals, improve their physical fitness, save money at the grocery store, grow their own foods, and adopt better food safety habits

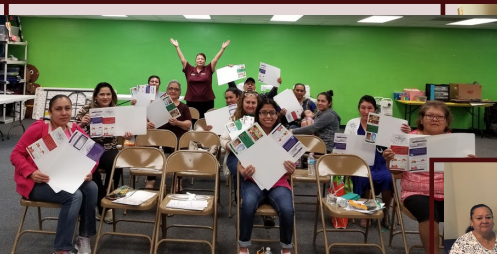
A Fresh Start to a Healthier You!

- 3-4 Session Series for adults
- Learn to increase fruit and vegetable intake
- Learn to cook nutritious meals & spend less on groceries




Be Well, Live Well

- 5-session series for senior adults, ages 50 or older
- Increase physical activity
- Increase fruit & vegetable consumption



 **Over 58**
Graduates

Over 93 
Graduates

Urban Horticulture

By: Jennifer Herrera, CEA - Horticulture

Visit us at -
bit.ly/CAM_MG

RGV Small Acreage Program

GRAPEVINE TRAINING & PRUNING WORKSHOP



31
in attendance



AQUAPONIC GARDENING PROGRAM
60 in attendance



CHICKENS: BASIC CARE & EGG PRODUCTION

50 adults
35 youth

Cameron County Master Gardeners

Visit us at - bit.ly/CAM_HORT
 bit.ly/FB_CAM_MG

PROPAGATION WORKSHOP



3 session series
31 in attendance

ARBOR DAY TREE DEDICATION CEREMONY FOR LINDA BENCE



35
participants

FAIRY GARDEN WORKSHOP



20
participants

GARDENER'S MARKET AND PLANT SALE EDUCATIONAL EXPO



over
450
in attendance



Junior Master Gardener Youth Activities

HARLINGEN FARMERS MARKET

30 
youth reached

MASTER GARDENER CONDUCTED JUNIOR MASTER GARDENER ACTIVITIES FOR 7 SCHOOLS AT WILD AUGUST NURSERY AND FLOWER FARM

201
youth reached

Agriculture and Natural Resources

By: Marco Ponce

Visit us at -
cameron.agrilife.org/agriculture/

Annual Pre-Plant Conference

over

200

Producers
In Attendance

5 CEU's
provided



"Last Chance" CEU Conference



Last Chance CEU Conference for Hidalgo & Cameron County Producers who were needing to review their pesticide applicator licenses

25 Attendees



2019 Cameron County Texas Community Futures Forum

The TCFF focuses on developing educational programs based on community needs.
This is the foundation of Texas A&M AgriLife Extension's Success



75

in attendance



Coastal & Marine

By: Tony Reisinger, CEA - Coastal & Marine, Interim County Coordinator

Bioluminescence in South Padre

An extremely large bioluminescent dinoflagellate, *Noctiluca scintillans* bloom was investigated in February. It caused glowing surf at night and red colored water during daylight in the South Padre Island surf. This harmless bloom was mistaken for red tide and an inshore oil spill due to it's high density.



STBCTMN hosts Art Show

The South Texas Border Chapter Texas Master Naturalists sponsored a month long art show at UTRGV Edinburg in February. Pictured is naturalist Anita Westervelt presenting her poetry entry.

The Winter Outdoor Wild Life Expo (WOWE)

The Winter Outdoor Wildlife Expo WOWE held in late January on South Padre Island was staffed by Rio Grande Valley Chapter Texas Master Naturalists and over 1000 attended. Jack Keller, pictured, of the Laguna Madre Fly Fishing Association was one of numerous presenters at the event.



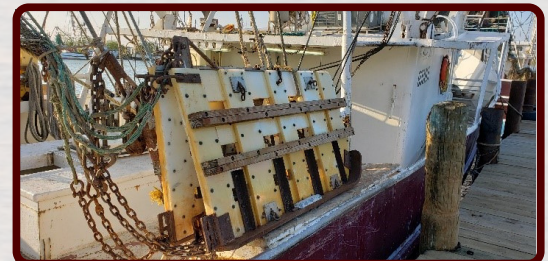
Meetings on impact of Channel Navigation



Our shrimp vessel owners met with Port of Brownsville and liquefied natural gas LNG facility officials in late January to discuss impacts on channel navigation during future LNG tanker ingress and egress at the port.

Quarterly Cameron County Shrimp

We conducted a survey of the Cameron County shrimp this quarter and found high density polyethylene doors, used to spread open shrimp net during trawling, are being increasingly utilized to replace the traditional wooden doors which have been used for over 100 years. We have an update on the Cameron County shrimp fleet's production for 2018: 12 million pounds valued at \$49.2 million according to preliminary figures from NOAA. Prices remain low due to heavy imports.





Upcoming Programs & Events

Stay in the loop! Visit us at cameron.agrilife.org/events/

- May 29 - 4-H Record Book Training
- May 30 - Texas AgriScience LLC. Field Day
- May 30 - 'Summer Camps' Robotics Program (La Feria)
- June 3 - 'Summer Camps' Heroes 4 Health Program (La Feria)
- June 10 - 'Summer Camps' Kids in the Kitchen (Brownsville)
- June 12 - 'Summer Camps' Robotics Program
- June 3, 10, 17 -Parenting Class Sessions
- June 11 - Master Naturalist General Meeting
- June 13 - Master Gardener Association Meeting
- June 14 - Farm Produce Safety Program for Veterans
- June 18 - Master Gardener Graduation for 2018-2019
- June 18 thru July 11 - Cameron County EFNEP Summer Food Summer Meals Program
- July: 4-H Robotics Gear Competition (San Benito)
- July 6 thru 9 - Youth Lab (PVAMU)
- July 9 - Master Naturalist General Meeting
- July 11 - Master Gardener Association Meeting
- July 19 - Farm Produce Safety Program for Veterans
- July 27 & July 28 - Port Mansfield Fishing Tournament Awards
- July 29 - Turtle Excluder Device Week at South Padre Island
- July 31 - August 4 - Texas International Fishing Tournament (TIFT)
- August 6 - Master Naturalist General Meeting
- August 8 - Master Gardener Association Meeting
- August 20 - Master Gardener Orientation
- August 29 - Master Gardener Applications Due

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