

The Cameron County Extension County Agents are pleased to provide a quarterly review of educational programs supported by the Texas A&M AgriLife Extension Service, Texas A&M System which aim to improve the quality of life in Cameron County communities. All Extension programs are sponsored by Extension program area committees for any one's educational benefit. We would like to acknowledge the Extension volunteers, Extension Specialists, and cooperators who contribute to the planning of all educational information compiled in this educational info-graphic newsletter. Our Cameron County Extension website is www.cameron.agrilife.org
Cameron County Extension Office: 956-361-8236

Urban Horticulture

By: Jennifer Herrera, CEA - Horticulture



17 elementary schools
9 Participants

A Teacher Training...

was provided on the Junior Master Gardener Program and the Learn Grow, Eat & Go program for the Gifted and Talented Teachers at Harlingen CISD. Earthworms & Seeds were provided to all teachers.

Horticulture Workshop

20 Participants



provided for 4-H and FFA youth and parents to cover rules & regulations for completion at the Rio Grande Valley Livestock Show

Record Book Training



14 4-H Youth Participants

Path to Plate: Kids, Kows, & More



740 Youth Participants

Presentations were provided on

- Dairy
- Grains
- Gardening
- 4-H
- Honey Bees
- Goats
- Beef
- Water

Growing & Nourishing Healthy Communities, along with Learn, Grow, Eat & Go Ribbon Cutting Event



Sullivan Elementary



Cameron County Master Gardeners

The Mission of the Cameron County Master Gardener Association is to beautify and environmentally improve communities through promotion of good gardening practice and horticulture education in an atmosphere of friendship, fellowship and fun with support of Texas AgriLife Extension

Master Gardener Volunteer Training

20 Participants

completed the course work. Classes consisted of several hands-on activities and private tours



September - October

Master Gardener Gardeners Market & Plant Sale

200 + Participants

learned about composting, vegetable gardening, natives, butterfly composting, plant clinic and Children's Activities provided



Master Gardeners Volunteer



- Master Gardeners provided educational information and resources at HalloWings at the South Padre Island Birding Center.
- 2 Master Gardeners provided educational programs at the Native Plant Center
- Master Gardeners volunteered at the Wild August Nursery Flower Farm for 4 days to provide Junior Master Gardener lessons for students from Harlingen CISD several lessons on soil erosion, soil science, square food gardening and made seed bomb

85 Youth Participants



South Texas Botanical Gardens

40 Cameron & Hidalgo Master Gardeners in attendance

in Corpus Christi in search of new ideas for educational gardens

Healthy South Texas

By: Lilian Mezquida, CEA - FCH

Dinner Tonight



"Fiesta Mexicana"

Chef Celia Samano and Family & Community Health Agents in cooking two healthy recipes

30 Participants

Primera Iglesia
Presbiteriana Mexicana



Dinner Tonight in Collaboration with
Cameron County Public Health

150 Employees

learned about easy,
nutritious, and
economical
way to feed their family



Family & Community Health

By: Lilian Mezquida, CEA - FCH

Parenting Connections



A Parent Education Workshop Series utilizing the Parenting Connections Curriculum was implemented in October.

9 Participated and completed

Topics Include:

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

On the Road to Healthy Living Mobile Cooking School

On the Road to Healthy Living Mobile Cooking School was created so anyone, no matter location or income, can learn to prepare healthy food and make smart grocery and food prep decisions.

6 Participants

ON THE ROAD TO
HEALTHY LIVING
Mobile Cooking School

Classroom Sessions

Better Living for Texans

The Better Living for Texans Educators implemented the 'Fresh Start to a Healthier You!' Series



105 Participants



CEP Family & Community Health

By: Gloria Carter, CEP - FCH

Balanced Living Curriculum

15 Graduates



HCISD Parental Centers

- Ben Milam Elementary
- Coakley Middle School

A Taste of Latin American Heritage



Introductory classes were also held at the Los Fresnos CISD Family Engagement Department and at the HCISD Parental Involvement Center at Wilson Elementary



40

Participants
in Total



PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program



4-H & Youth Development



By: Marco Ponce, CEA 4-H & Youth Dev.

Educational Lessons on:



**Dangers of Drug Abuse
& Higher Education Awareness**

Covered a variety of topics including:

- Synthetic Drug Use & Prevention
- Dangers of Drug & Alcohol Use
- The effects of drug use on the body
- Benefits of Higher Education
- Financial Aid Awareness

23 Students Participated

45%

Pre-Program Survey answered wrong

85%

Post-Program Survey answered correctly

Kids, Kows & More!



Students learned about production agriculture in:

- Beef Cattle
- Dairy Cattle
- Sheep
- Goats
- Cotton
- Citrus



4th graders in attendance from Cameron & Hidalgo

CEP 4-H & Youth Development

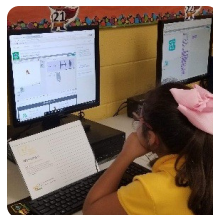
By: Guadalupe Castro, CEP 4-H & Youth Dev.

National Youth Science Day

In October the 'Code Your World' was implemented in **3 schools** in the San Benito School District.



275 Students Participated



Code your world is a four-part challenge that teaches kids ages 8-14 to apply CS to the world around them through hands-on activities. Developed by Google and West Virginia University Extension Service, it includes a computer-based activity on Google's CS First Platform and three unplugged activities that bring coding to life through games and interaction.

Sullivan Elementary Green House Ribbon Cutting

Growing U 4-H Program

35 Students Participated



San Benito Homecoming Parade 4-H Float

Sullivan Elementary Growing U

20 Students Participated



4-H Holiday Community Service



Future Leaders of Brownsville 4-H Youth and Parents made sack lunches and delivered them to the homeless in Brownsville TX



Coastal & Marine

By: Tony Reisinger, CEA - Coastal & Marine

Rescue Efforts

This year Texas Coastal Naturalists targeted wildlife rescue efforts assisting with the recovery of **194 cold stunned sea turtles** from the Lower Laguna Madre and **92 downed brown pelicans** at the Bahia Grande.



RGV Shrimp Farm

Aquaculture rebounded this year with RGV Shrimp Farms comprising over **400 acres** in ponds producing 370 thousand pounds of shrimp in 2018 estimated to be worth **\$1.5 million**.



Texas Master Naturalists

Membership for the South Texas Border Chapter and Rio Grande Valley Chapter Master Naturalists exceeds **400 members**. In 2018 they contributed **24,583 hours** of volunteer time in the Valley valued at **\$606,954**.



Cambered Doors Save Costs



Cambered shrimp trawl doors and super-fiber netting introduced by AgriLife, saved the Cameron County fleet **\$1.5 million** in fuel costs in 2018. The remainder of our fleet saved **\$1.1 million** in the same period utilizing super-fiber netting combined with standard wood or plastic doors.

Agriculture

By: Marco Ponce, CEA - 4H & Youth Dev.

RGV Cotton & Grain Pre-Plant Conference

Farmers from Cameron and Hidalgo Counties participated in this program which focused on cotton and grain production in the Valley.



Pesticide Safety Training

Agriculture producers participated in one day training on pesticide safety for agriculture use.



150

Participants
attended

**6 hours of
instruction**

Specific Topics included

- What to plant to maximize profit
- Market Trends
- Best Performing Varieties
- Latest Boll Weevil Eradication

**8 hours of
instruction**

in various areas of
pesticide use in
agriculture production

After the training they are ready to apply and take a Texas Department of Agriculture Exam for an official State License for the use of State Restricted Pesticide use.

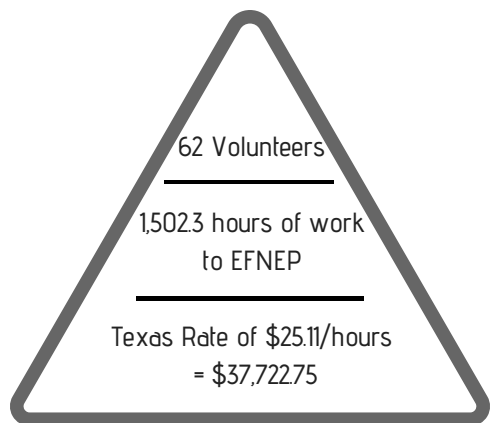


Expanded Food and Nutrition Education Program

By: Melissa DeLeon, EFNEP Agent

Healthy Foods, Healthy Families - 8 week Adult Nutrition & Physical Activity Program

Three of our Nutrition Education Assistants enrolled 560 participants and graduated 238 during the months of October - December 2018.



Choose Health: Food, Fun, and Fitness - 6 week Youth Nutrition Program

Two of our Nutrition Education Associates enrolled 4,502 youth and evaluated 3,936 during the months of September - December 2018.



Success Stories

Jose Antonio Perez Jr., who attended at CRTC, taught by EFNEP Adult NEA - Laura Dorado, stated he learned to eat healthier, and received a lot of good information for himself and his family. Also, he stated he learned that every color of vegetables has special nutrients for my body, as well as, it's meaning. And lastly, he learned how to save money when he goes grocery shopping.

Raquel Bautista, a participant from Bruce Aiken Elementary taught by EFNEP NEA - Sarah Ripke, mentions how the EFNEP classes taught her how to add more vegetables to her daily meals as well as eating each food group in portions.

Evelia Duran, who attended at La Feria Community Center, taught by EFNEP NEA - Quincie Gomez stated, that the program has changed her life by helping her family start meal prepping and planning ahead as well as increased their awareness of reading labels more.