

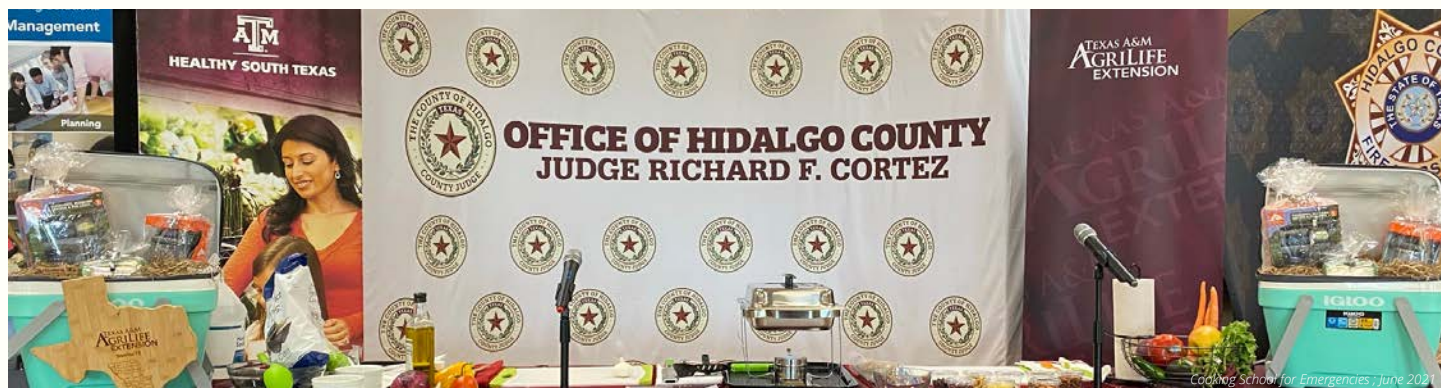
EXTENSION CONNECTION

APRIL-JUNE 2021

HIDALGO COUNTY

TEXAS A&M
AGRI LIFE
EXTENSION

Helping Texans
Better Their Lives



What We Do

Texas A&M AgriLife Extension Service is a unique education agency that provides research based community education, 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.

Inside This Issue

A Note from the Extension Team.....	2
Family & Community Health.....	3
Agriculture & Natural Resources.....	4
4-H & Youth Development.....	4
Horticulture.....	5
Expanded Food & Nutrition Edu. Program...	5
Extension State Program Highlights.....	6
Prairie View A&M Coop. Extension.....	7
County Supported Staff Programs.....	8

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[f @HidalgoAgriLifeExtension](https://www.facebook.com/HidalgoAgriLifeExtension)

 Texas A&M Agrilife Extension Hidalgo County

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Andrea Valdez

County Extension Agent- Family & Community Health
Extension County Administrator

Vidal Saenz

County Extension Agent- Agriculture & Natural Resources

Joanne Ureste-Armijo

County Extension Agent- Family & Community Health

Ashley Gregory

County Extension Agent- Horticulture

Melissa De Leon

Extension Agent
Expanded Food and Nutrition Education Program

Andrea Torres-Barragan & Karen Cantu

Extension Agents
Better Living for Texans Program

Stephanie Bowman

Cooperative Extension Agent-Prairie View A&M
Family & Community Health

Romeo Ozuna

Cooperative Extension Agent-Prairie View A&M
Agriculture & Natural Resources
(Hidalgo & Starr Counties)

A Note from the Extension Team:

As we reflect on a most historic year and in the midst of the COVID-19 pandemic, the Texas A&M AgriLife Extension Hidalgo County Agents and staff continue to educate the community through various media. As we work to our new normal, we have many great events and programs coming up in 2021! Our 4-H program is gearing up for a busy summer with new leadership trainings for our youth leadership groups! We are happy to partner with Hidalgo County Judge Richard Cortez on the Cooking School for Emergencies events that will help educate our community on the importance of emergency preparedness as well as how to feed families during storms. We would like to thank Hidalgo County Judge Richard Cortez, Hidalgo County Commissioners Court, and all officials for all your support of our Extension educational programs for the community. Enjoy our newsletter and please visit our webpage for program information.

Please stay safe and well!

Visit
<http://hidalgo.agrilife.org>
for more events!

Subscribe to our YouTube
channel "Texas A&M AgriLife
Extension Hidalgo County"
for educational videos



**PROTECT YOURSELF AND
YOUR COMMUNITY FROM
COVID-19**

TEXAS A&M
AGRILIFE
EXTENSION



Family & Community Health

Andrea Valdez, M.P.H.

@AgrilifeExtensionHidalgoFCH



FAMILY AND
COMMUNITY HEALTH

Stress Less



with Mindfulness

Texas A&M AgriLife Extension

In observance of Mental Health Awareness Month in May, 7 graduates from the Stress Less with Mindfulness program learned invaluable beginner mindfulness techniques.



Check out this tasty recipe from the Cooking School for Emergencies Cookbook!



Cooking School for Emergencies

with Hidalgo County Judge Cortez

In partnership with Hidalgo County Judge Richard Cortez, Hidalgo County Precincts #1, #3, and #4, 3 community events were held to educate on the importance of being prepared during emergencies.



112

IN-PERSON
PARTICIPANTS

9K

FACEBOOK
VIEWS



Family & Community Health

Joanne Ureste-Armijo, M.S.

@AgrilifeExtensionFamilyResourcesHidalgoCounty



FAMILY AND
COMMUNITY HEALTH



Child Passenger Safety



To promote booster seat safety, Texas A&M AgriLife Extension partnered with Pharr Police Department, Behavioral Health Solutions and PSJA Southwest Early College High School to provide 26 booster seats and educate parents on the importance of car seat safety.



The Master Clothing Volunteers

The Master Clothing Volunteers community service project was handmade bunnies, backpacks, and bears to Driscoll Children Quick Care in McAllen valued at \$1,510.00. The Master Clothing Volunteers were also awarded the Southern Regional Winner for the Master Volunteer Program Award by the National Extension Association of Family & Consumer Science Association!

National Award Winner!





Agriculture & Natural Resources

Vidal Saenz, M.S.

In June 2021, 50 farmers attended this field day to gain educational hours towards their Private Applicators License. The topics included: Corn, Grain Sorghum and Soybean Variety Field Tour, outreach on the RGV Soil Testing Campaign, IPM Updates on Cotton and Grain and Soybean Varieties for South Texas.

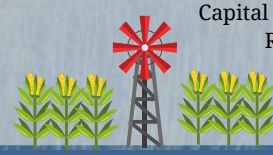


**Fike Farms
Field Day**



**Cotton and Grain
Field Day**

Over 40 participants stepped out for the Cotton and Grain Field Day tours of the research trials located at Texas AgriScience, LLC in Eastern Hidalgo County. The topics for this conference included: 2021 Boll Weevil Eradication Update, RGV Soil Testing Campaign, Cotton and Grain IPM Updates, Weed Management, Cotton, and Corn and Grain updates. This field day was sponsored by Sesaial, Garcia Grain Trading, Texas Farm Credit and Capital Farm Credit and Rio Farms.



4-H & Youth Development

[f @HidalgoCounty4H](#)



The 4-H Ambassadors assisted in a canned food drive at First Baptist Church in Weslaco. Over 500 cans were donated and the Ambassadors helped package items for distribution. Great Job!



Our amazing volunteer Miriam Ford of Borderline 4-H received the State 4-H Salute to Excellence award for all her hard work and dedication to our 4-Her's!



404
Active
4-H members
20
Hidalgo County
4-H clubs
54
Adult & Youth
Volunteers



"To Make the Best Better"



Horticulture

Ashley Gregory, M.S.



Master
160+
YOUTH AND ADULT
PARTICIPANTS

Gardeners

The Master Gardeners held 9 educational workshops which covered topics such as basic gardening to teaching kids how to compost with worms.



The Master Gardeners also participated in the annual RGV Home and Garden Show where they engaged with the community by answering gardening questions. Over 200 people stopped by their educational booth!



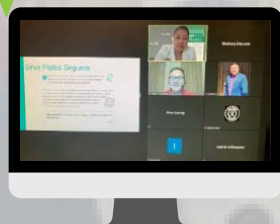
Expanded Food & Nutrition Program (EFNEP)


Melissa De Leon, M.S.

@HidalgoCountyExpandedFoodandNutritionEducationProgram 



EFNEP continues to deliver practical lessons such as building a healthy plate, eating the right number of calories, being active and keeping food safe virtually on a variety of social media platforms to continue to reach the Hidalgo County community.



Helping young families and youth with limited resources! 

432 Adult Enrollment
329 Adult Graduates

20,197 Youth Enrollment
19,647 Youth Graduates

Nutrition! Food Prep! Food Budget Management! Food Safety!

Extension State Program Highlights

Better Living for Texans Program



Andrea Torres-Barragan, Ph.D.



Karen Cantu, B.S.



107

PARTICIPANTS IN THE
VIRTUAL GARDENING
SERIES

67

PARTICIPANTS IN THE
VIRTUAL PRESERVING
THE HARVEST SERIES

65

CHILDREN IN VIRTUAL LEARN,
GROW, EAT, GO SERIES WITH
MAYOR JOE V. SANCHEZ LIBRARY
& MALEE'S LEARNING ACADEMY



The Better Living for Texans program is happy to announce the addition of Karen Cantu as an Extension Agent for Better Living for Texans program in Hidalgo County. We welcome Karen in her new role serving Hidalgo County!



Growing & Nourishing Healthy Communities



Roy Custodio, M.P.H.



Ricardo Carranza, M.S.

New Highlights

- Safety guidelines implemented at the community gardens
- 7 NEW Hand Washing stations installed
- 10 community gardens planted with Spring vegetables throughout Hidalgo County
- **Greenhouse** built at the Educational Garden to grow seedlings that will be used by the community gardens and children's gardens



Prairie View A&M Cooperative Extension Program



Family & Community Health

Stephanie Bowman, M.S.

@PVAMUFamily&CommunityHealth-HidalgoCounty 



Partnerships with the Boys and Girls Clubs of San Juan and Mercedes resulted in over 20 youths completing the Heroes 4-Health program focused on healthy eating habits.

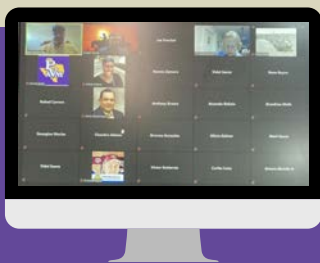
ACE parents of Donna ISD participated in a Drive-Thru event and received educational information on Mental Health and Well-being and nutrition. Over 30 participants received materials.



Agriculture & Natural Resources

Romeo Ozuna, B.S.

Serving Hidalgo/Starr County



The Livestock Management Program hosted 35 participants who learned about cattle nutrition, fever tick updates, and RGV Bull Gain Test consigner winners.

Mr. Ozuna was interviewed regarding the recent rains and how they have benefitted the local ranchers and farmers.



Hidalgo County Supported Program Staff



Program Assistant-
Family & Consumer Sciences
Elzie Martinez, B.S.

Our Family and Community Health hourly programs include Bullying, Green Living, Budgeting, Is Your Child at Risk for Diabetes and Goal Setting.

Partnerships this quarter for these programs included Alton

Recreation Center,

La Joya ISD,

McAllen ISD,

Edinburg ISD,

ARISE Muniz, Las Milpas and Hargill.

619

TOTAL PARTICIPANTS

Family & Community Health Programs



Program Coordinator
Linda Ramirez

READING IS FUN!



230

PARTICIPANTS

The Families Reading Every Day (FRED) and Sun Safety programs were held in Alton Community Center and Las Milpas Community Center.

The FRED program encourages literacy and parents reading with their kids. The Sun Safety program educated protective measures against skin cancer and how to protect ourselves from the Summer heat.



Hidalgo County Support Staff

Elena Almendarez,
Administrative Assistant II
Luz Sena,
Administrative Assistant I

