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For more information about these and other events, please call 512-854-9600 or visit our website:

<http://travis-tx.tamu.edu/>

## Calendar of Events

### April 2014

- 3 Dealing with Drought: Maintaining a Healthy Lawn
- 4 Get Tick Smart - Webinar
- 12 East Austin Garden Fair
- 24 Forward Farming: Small Acreage Composting
- 29 Private Applicator Training
- 30 AgriBusiness 101

### May 2014

- 1 Dealing with Drought: Drip Irrigation Systems
- 3 Inside Austin Garden Tour
- 3 District 4-H Roundup & Fashion Show Contests
- 5-6 Virtual 4-H Volunteer Conference
- 8 National Extension Centennial Convocation
- 14 Range & Brush Program
- 21 Forward Farming: Marketing
- 26 Memorial Day Observed - OFFICE CLOSED
- 28 Pond Management

### June 2014

- 5 Dealing with Drought: Alternate Gardening Methods
- 9-13 Texas 4-H Roundup
- 19 Forward Farming: Grafting Vegetable Crops
- 21 Composting for the Home Gardener



In Cooperation With...

TRAVIS COUNTY COMMISSIONERS' COURT

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County Judge

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### EDITORIAL TEAM

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Educational programs of the Texas A&M AgriLife Extension Service and the Prairie View A&M University Cooperative Extension Program are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.



# Making a Difference

SPRING 2014

in Travis County



Dolores Sandmann  
County Extension Director  
Texas A&M AgriLife Extension  
Travis County

### Message from the Director:

This year marks the 100-year anniversary of the signing of the Smith-Lever Act of 1914, which officially created the national Cooperative Extension System of land-grant universities throughout the U.S. When land-grant universities opened their doors, they revolutionized higher education in America, making it possible for the average citizens to get a practical education that would help them improve their lives and livelihoods.

The Texas A&M AgriLife Extension Service continues to carry out the land-grant mission of teaching, research, Extension and service for residents of Texas, bringing practical, objective, research-based knowledge to Texans through programs and activities that protect our environment, enrich our youth, grow our economy, and improve our health. While Extension's methods have become more advanced, the basic principle is the same as it was a century ago – to educate and enlighten Texans.

Best Wishes,  
-Dolores Sandmann



## Travis County 4-H Consumer Decision-Making Team Shines in Competition

Travis County 4-H recently sent Senior, Intermediate and Junior youth to the San Antonio Livestock Expositions' and the San Angelo Livestock Show's Consumer Decision-Making Contests.

"The teams consisted of twenty 4-H members from across Travis County," said Cory Talley, Travis County Extension Agent for 4-H and Youth Development. "We encouraged those throughout the county to attend."

The Senior team included Meredith Masi, Anna Dolliver, Collin Warwick, and Trent Warwick. The Travis County seniors won second overall at the San Antonio contest out of 47 teams. Meredith Masi led the team to the win with the highest individual score out of 153 senior contestants, earning herself a \$10,000 scholarship to any Texas state college or university. Three Intermediate teams also competed.



The District 10 4-H Consumer Decision Making Contest was held in conjunction with the S.A.L.E. contest. The Senior team took first place in district competition, earning them the right to compete at Texas 4-H Roundup in College Station on June 11. Masi also took first place in the district contest. Intermediate teams took first, second and fourth place. At the San Angelo Livestock Show, the Senior team took first place overall and the Intermediate team took fourth place out of 18 teams.

"The Consumer Decision-Making Contest requires a variety of skills in order to do well," Talley said. "Members can participate as part of a team or as an individual. Each contestant is given a series of eight scenarios. With each scenario, the individual has to rank consumer product choices from one through four."

"After ranking products, each contestant then takes a turn giving a two-minute speech to a panel of judges, giving reasons for why they ranked the items as they did, given the scenario. This requires concentration, thinking on the spot, as well as good public-speaking skills." Talley said coordinating opportunities to practice these skills throughout the year is part of 4-H program activities.

# East Austin Garden Fair “A Passion for Plants”

The Texas A&M AgriLife Extension Service, Travis County Master Gardeners Association and City of Austin presented the 8th annual “A Passion for Plants” East Austin Garden Fair April 12 at Zaragoza Park, 2608 Gonzales St., Austin.



Hundreds attended the fair, which was free and open to the public, said Lisa Anhaiser, the Travis County Master Gardener who coordinated the event. “We had lots of hands-on demonstrations and activities to involve both adults and kids in creative, low-cost ways to grow food and ornamental plants, improve their diet and green up their homes,” Anhaiser said.

Fair attendees also got expert advice from Travis County Master Gardener volunteers on all aspects of gardening and composting, plus information on additional topics, said Daphne Richards, AgriLife Extension horticulturist for Travis County who oversees the county’s Master Gardener program.

Richards said activities and practical demonstrations included garden planning, composting, butterfly gardening, kids’ crafts, rainwater harvesting, “firewise” landscaping, vegetable, herb and citrus gardening, and keeping bees and chickens.

“We also had Supplemental Nutrition Assistance Program registration counseling, including how to double benefits at farmers markets, along with cooking demonstrations,” she said.

Anhaiser and Richards said the fair has become a community “fixture” and that many attendees have been to the event on more than one occasion. “It’s a great event for the entire family, providing practical, helpful information and advice on gardening, nutrition, health, wellness and more,” Richards said.



# Photography Project Helps Develop Skills in 4-H Youth

Participation in the Travis County Photography Contest was up significantly this year, said 4-H program coordinators at AgriLife Extension.

“Last year we had 86 photos entered into the contest, and this year we were up to 147 entries,” said Cory Talley, AgriLife Extension Agent for 4-H and Youth Development in Travis County. “That’s an increase of over 70 percent.”

Talley said participants included long-time 4-H members from established clubs as well as entries from newly formed 4-H clubs, such as the Campbell Photography 4-H Club, which began meeting in January.

Talley said the contest gives 4-H’ers the opportunity to enter photos in fifteen different categories and three different age groups. Categories include



Domestic Animal, Wildlife Animal, Details and Macro, Nature and Landscape, People

and Plant/Flora. Groups are based on 4-H age and entries and are divided into Junior, Intermediate, and Senior age groups for each category. Clover Kids (K-2nd grade) also receive recognition for their participation and are encouraged to continue entering the contest as they grow older.

Talley said photography is a field that combines technical expertise with artistic ability and can be useful in a wide variety of careers, as well as a fun way for participants to document their involvement in 4-H.

*From taking the photography class, Destini is learning to look at her world through a different perspective—through pictures. Training her eye to notice details that most take for granted. Photography is inspiring her to consider the beauty in items we ordinarily would pass by, or not see such beauty. You inspire her and she, in turn, changes the world around her. We all benefit.*  
--- a 4-H parent

# Dinner Tonight! Healthy Cooking School gets Positive Reviews

More than 230 people attended the Dinner Tonight! Healthy Cooking School March 18 at Austin Community College’s Eastview Campus, said Sonia Coyle, Texas A&M AgriLife Extension Service Agent for Family and Consumer Sciences, Travis County.

The school, which was from 6-8 p.m., featured demonstrations of two easy and nutritious menus that can be prepared in 30 minutes or less. Menu 1 recipes included: Tuscan Chicken, Herb and Vegetable Rice, and Fruit Trifle; Menu 2: Swiss Steak Deluxe, Veggie Couscous, and Deluxe Fruit Cup.



Cooking school sponsors included the 4-H Military Youth Program, Student Life at Austin Community College’s Eastview Campus, Texas Beef Council, personal chef Carlos Crusco, chef Jennifer Fisher, the Prairie View A&M University Cooperative Extension Program, and the AgriLife Extension Expanded Food and

Nutrition Education Program. Participants received a cookbook with additional menus and 25

recipes, along with goodie bags, recipe samples and door prizes.

“While there are many groups that conduct cooking schools, we believe our Dinner Tonight! Healthy Cooking School has a unique niche,” said Coyle, also an event presenter. “Our recipes are

cost-effective, easy to prepare and fit into a healthy meal plan.”

She said the Dinner Tonight! program of AgriLife Extension is for “busy people who still want to make time for meal preparation.” It promotes family mealtime, as well as healthy meal planning and food preparation.

“These cooking schools provide an opportunity for people to get together in a fun environment and have experts show them how to plan and prepare good meals for themselves and their families,” Coyle said.

AgriLife Extension in Travis County has a website updated every Wednesday with a new, free *Dinner Tonight!* recipe and video demonstration webcast showing how to prepare that recipe. Travis County residents can sign up to receive weekly emails with program information and webcast recipes by calling 512-854-9600 or by emailing Angela Reyes at [angela.reyes@co.travis.tx.us](mailto:angela.reyes@co.travis.tx.us). For more information on *Dinner Tonight!* and other AgriLife Extension health and wellness programs, go to our website: <http://www.facebook.com/traviscofcs>.

# MEET THE STAFF: Lisa Anhaiser, Horticulture Assistant

Lisa Anhaiser began her career with the Texas A&M AgriLife Extension Service in 2007 and after a short departure in 2010 returned to Travis County on April 21, 2014.

Ms. Anhaiser has a bachelor’s degree in Agriculture Business with a specialization in Horticulture from Texas State University.

She serves as Horticulture Program Assistant in Travis County supporting the Master Gardener Volunteer program, organizing the annual East Austin Garden Fair and coordinating various Youth Gardening opportunities, including the Junior Master Gardener Program.

