

# THE Tyler County AGENTS' ADVICE

## UPCOMING EVENTS:

### June

June 6-10th: Texas State 4-H Roundup,  
College Station

June 13-15th – East Region 4H Horse  
Show, Henderson, Texas

June 24<sup>th</sup> - 4-H Project Record Books due  
to Extension Office by 4:30pm

June 16<sup>th</sup> - A Fresh Start to a Healthier  
You- 6-8pm Trinity Assembly of God,  
Woodville

June 20<sup>th</sup> - District 5 Leadership Lab  
Officers Training

June 23<sup>rd</sup> - A Fresh Start to a Healthier  
You- 6-8pm Trinity Assembly of God,  
Woodville

June 28<sup>th</sup>-30<sup>th</sup> - 4H Camp Gilmont,  
Gilmore, Tx. Registration: \$125.00

June 28th – Tyler County Beekeeper's  
Association meeting 6:00pm Room C  
Nutrition Center

June 30<sup>th</sup> - A Fresh Start to a Healthier  
You- 6-8pm Trinity Assembly of God,  
Woodville

### JULY

July 5th- District 5 4H Recordbook  
Judging, Nacogdoches

July 23-30 – Texas 4H State Horse Show.

July 26 – Tyler County Beekeeper's  
Association meeting 6:00pm Room C  
Nutrition Center

## Tyler County Extension Agents



Kelly Jobe, Family & Consumer Science  
Jacob Spivey, Agriculture/Natural Resource

## Conservation Assistance Just a Click Away



—USDA Natural  
Resources Conservation  
Service (NRCS)

TEMPLE, Texas,

May 26, 2016 - The USDA now has an online web application, Conservation Client Gateway, that allows individual landowners and land users the secure ability to request conservation technical and financial assistance from the USDA Natural Resources Conservation Service (NRCS). "Conservation Client Gateway will save Texas producers time and money by not having to drive to our office to obtain a map or sign a document," says NRCS

State Conservationist Salvador Salinas. "This information will now be available to them at their convenience and on their schedule." Producers can log on to the website 24/7 from their home office computer or laptop. They can apply for conservation program assistance, manage applications, review and sign documents, access conservation plans, maps and other documents through Conservation Client Gateway. Conservation Client Gateway is an additional way to work with NRCS via the Internet as a supplement to in-person support. "It is a matter of being more responsive to producer's needs and providing the assistance that works best for that particular producer, their schedule, their operation and their natural resource goals," says Salinas. Enrollment in Conservation Client Gateway is voluntary, and producers are

encouraged to sign up and give it a try. For more information, fact sheets, FAQs and a how-to video, visit [www.nrcs.usda.gov/clientgateway](http://www.nrcs.usda.gov/clientgateway). Producers can also contact their local USDA Service Center to get started.

Service Center locations can be found at [www.tx.nrcs.usda.gov](http://www.tx.nrcs.usda.gov)

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## What's in Season? Fruits and Vegetables

For more information on SNAP-Ed, contact your local county Extension office. Better Living for Texans is located in over 200 counties across the state.

Texas A&M AgriLife Extension Service and Better Living for Texans programs are available to all without discrimination.

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



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Eating a diet rich in fruits and vegetables is important for good health. Many experts say that Mother Nature's bounty packs better nutrients than even the best supplements. It is said that "We are what we eat". If this was literally the case, many of us would be a cheeseburger, fries and a Dr. Pepper, supersized!! The average American eats only about 3 servings of fruits and vegetables per day, which is a HUGE deficiency when you compare it to the new guidelines by the US Department of Agriculture stating that we should be eating 5 to 13 servings of nature's best fruits and veggies, depending on the number of calories you need. There are several beneficial factors that consuming the appropriate portions of fruit and vegetables rather than just taking supplements provide for us through a healthy diet. **Benefit #1-** Nutrients in fruits and vegetables work together. Research studies have found that vitamin supplements do not have the many

benefits that natural foods do, because they contain naturally occurring ingredients, like carotenoids and flavonoids. It is also necessary to consume fruits and veggies together, to get the most nutritional benefit. For example, eating iron-rich plants, like spinach, with and iron-absorbing enhancer, like the vitamin C in an orange, is great for people who do not get enough iron, typically young women.

**Benefit #2-** Fruits and vegetables may prevent many illnesses. Eating fruits and vegetables may reduce your risk of cardiovascular diseases, stroke, type 2 diabetes, and even some forms of cancer. Research tells us that the more fruits and vegetables people eat daily, the less chance they have of developing cardiovascular diseases. Some research suggests that the intake of non-starch foods like leafy greens, broccoli and cabbage help reduce the likelihood of mouth, stomach and colorectal cancers.



**Benefit #3-** Fruits and vegetables are great for watching your weight. They are low in fat and calories, and loaded with fiber and water, which create a feeling of fullness. This is particularly helpful for dieters who want more filling calories. Plus, that fiber helps keep you "regular".

**Benefit #4-** Variety is the "Spice of Life"! It is very important to eat produce of various colors because each fruit or vegetable offers a different nutrient. Trying new foods can be exciting, and be sure to sample every color in the produce rainbow. The power of health may lie in a salad bowl or a plate of fruit. When we take advantage of fresh or frozen produce, instead of heavily processed foods, our bodies return the favor by reducing the risk of unwanted illnesses.

## Monthly Recipe: Banana Split Bites

### Ingredients:

Pineapple, drained or cored and cubed  
Bananas, thickly sliced  
Strawberries, halved  
Semi-sweet Chocolate Morsels, melted  
Chopped nuts (optional)

### Directions:

1. Using skewers or popsicle sticks, slide fruit to one end, leaving room for a handle.
2. Dip one side of fruit kabobs in chocolate and then immediately dip in nuts, if desired.
3. Place on wax or parchment paper to dry.
4. Serve immediately, or store in an airtight container and store in the refrigerator.



The kids are out of school and the temperature is rising; that can only mean one thing--summer is here! The first thing that comes to mind about summer is vacation and travel. Whether traveling for work, vacation or sporting activities make sure to pack healthy on-the-go snacks, such as:

\*Raisins \*Squeeze apple sauce \*Whole grain pretzels  
\*Granola bars \*Trail Mix Packs \*Peanut Butter Sack Packs