

THE Tyler County AGENTS' ADVICE

UPCOMING EVENTS:

March

March 1st - Breakfast CEU's @7:00am,
Extension Office

March 8th - When Sean Speaks
presentation for all county 11th/12th
graders. 8am-12pm

March 1st-20th - Houston Livestock Show
and Rodeo

March 17th - County 4H Roundup
(Immediately following Council Meeting)

March 25th - Good Friday, County Holiday
(All County Offices are closed)

March 28th - Soil Samples due to a
designated drop off location for Soil Drive

April

April 13th - District Round Up Entries due

April 18th - Soil Program 6:00pm

April 21st - Steer Weigh In 5-7pm @
Woodville Ag Barn

April 29th-30th - District Round Up Contest
@ SFA Nacogdoches.

Garden Time is Coming!



The average last frost date for our area occurs in the latter half of the month of March. While we have had a lot of above average temperatures thus far into our year, we still have a chance for a frost or a freeze that could hurt cold-fragile plants. I, for one, can remember when we got a light snowfall on Western Weekend of the Dogwood Festival, when I was a kid. While March is a great time to plant most landscape plants, and I wouldn't rule out those vegetable gardens, I'd suggest being ready with protective covering if you do go ahead and plant cold-sensitive plants in early March. For Landscape plants, the sooner you plant, the quicker plants will start to get established, which is important for our hot dry summers. This way,

they will have a better chance to survive! Lawns are another consideration where it might be better to wait a little later to plant. Many folks will apply fertilizer in early spring to try and force the grass to green up early. However, based on latest research, Turf grass experts recommend delaying fertilizing warm season lawn grasses (St. Augustine and Bermuda) until April, and to wait to fertilize Centipede until May. Spring green-up results from nutrients that were stored by the grass last fall (hence the importance of fall fertilization). Pushing the lawn too hard in the early spring, could result in a weaker root system going into the summer. Tall fescue is an exception and should be fertilized now. Other garden considerations

for this month would be that fertilization. Fruit and pecan trees should be fertilized this month with nitrogen applied in the area beneath the ends of the branches, never against the trunk. Shrubs and annual flower beds can be fertilized with a complete, balanced fertilizer. Slow-release fertilize formulas, though slightly more expensive, feed your plants over a longer period of time. Often the same type of fertilizer recommended for use on the lawn can be used in the landscape.



Tyler County Extension Agents



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

What's in Season? Kale and Spinach!!

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.

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Kale has become a popular choice for people looking to enjoy the benefits of eating leafy green vegetables. Kale is an excellent source for vitamin K and is high in antioxidant nutrients. With its high fiber content, kale provides great support for the digestive system. The health benefits of kale, along with its beautiful leaves and earthy flavor has led some to make the claim that Kale is better than Spinach. But, is it really? Spinach, like kale, is a dark, leafy green vegetable that is packed with vitamins, minerals and anti-inflammatories.

Spinach is among the most nutrient dense foods available and can be eaten raw or cooked. Spinach should be chosen when the leaves are deep green, without signs of yellowing or bruising. Like kale, avoid washing spinach before storing as washing it will make the spinach ruin faster. Wash spinach and other greens just before using. Spinach can be stored in a plastic bag with as much air removed as possible and can be refrigerated for up to five days. Kale and Spinach are excellent sources of vitamins and antioxidants. These leafy greens can each be classified as a superfood because of the variety of health benefits they offer.

So, which is best? Perhaps the most appropriate answer is that you can't go wrong with either. Try each and choose the one that fits your taste best. Another option is to combine the two. Spinach and kale go great together and are wonderful mixed in a salad and other dishes.



Monthly Recipe: Kale and Cauliflower Casserole

Ingredients

- 1 ½ pounds red potatoes, quartered
- ½ head cauliflower, cut into florets
- Salt, pepper
- 1 large yellow onion, chopped
- 2 tablespoons olive oil
- 1 - 6 oz. bunch kale, stems removed and chopped
- ¾ cup whole milk
- ½ cup sour cream
- ¼ cup grated Parmesan
- 2 Tbsp. butter, cut into pads

Directions

Preheat the oven to 350*. Add the potatoes and cauliflower to a large pot and cover with cold water. Season with salt and bring to a boil. Reduce the heat to a simmer and cook until tender, 15 to 20 mins. Drain the potatoes and cauliflower in a colander. Heat olive oil in a large skillet. Add the onion and saute until tender, about 3 to 4 minutes. Season onion with salt and pepper. Add the Kale and saute until wilted down and softened, about 5 mins longer. Add the milk to the skillet and bring to a simmer. Stir in drained potatoes and cauliflower and mash all together. Stir in sour cream and Parmesan. Transfer to a greased baking dish and dot with butter. Bake for about 35 mins. or until golden brown. *Source: foodnetwork.com*



Smoothies are an ideal snack for growing kids!

Tips: Keep recipes simple!

Use fruits they like, and then sneak in a few veggies!

Let them help make it and they are more likely to try it!



Blueberry Spinach Smoothie

- 1 Cup blueberries
- 1 Cup 100% apple juice
- 1/2 Cup Greek yogurt
- 1 T. ground flaxseed
- 2 Cups baby spinach
- Add ingredients to blender and blend until smooth