

April 2022

THE PANOLA EXTENSION

A Monthly Newsletter by the Panola County AgriLife Extension office



Panola County AgriLife Extension Service

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UPCOMING EVENTS:

4/1: Panola County Jr. Livestock Show Scholarship Application Due

4/7: Quarterly Ag Industry Breakfast Meeting, 7am, Expo Hall

4/7: 4-H Shooting Sports Games and Rifle Clinic registration closes

4/14: Aim for the Game, 3D Archery Meet registration closes

4/15: Good Friday, office closed

4/15: Spring Flowers ID & Photography contest photos due

4/18: Major Cattle Tag Orders due in office, \$20/animal

4/28-30: Come Alive in District 5, Tyler, TX

4/29: Mid-Sabine Cattlemen Conference, Carthage Civic Center, 8am

5/1: Registration for Fishing Skill-a-thon Summer Tournament open

5/7: 4-H Shooting Sports Games and Rifle Clinic, Frankston, TX

5/14: The Ronald Barlow Memorial 3-D Archery Meet, San Augustine

5/20: Pineywoods Cattle Congress, 4 Kings Cattle Ranch, San Augustine

5/31-6/1: 4-H District Horse Show, Athens TX

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- Storm Preparedness
- Selecting Laying Breeds for Backyard Poultry
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- Spring Calf Management Tips
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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 Extension Service

TEXAS A&M
AGRI LIFE
EXTENSION



EASTER FOOD SAFETY TIPS & IDEAS!

By Clarissa Moon

Easter is just around the corner and however you celebrate, there's bound to be food! Read on for some food safety tips and ideas for Easter Dinner leftovers!

Easter Egg Do's and Don't's

- Always wash your hands and use a clean workspace when handling and preparing food!
- Cook eggs thoroughly and refrigerate within two hours.
- Handle with care so that the shells don't crack! If the shells crack, bacteria could contaminate the eggs.
- If you want to eat dyed eggs, use a safe dye. (Recipe at the end of this article)
- Eat leftover eggs within 5 days.

Food-Safe Easter Egg Dye (recipe from Taste of Home)

- Mix ½ cup boiling water
- 1 tsp. White Vinegar
- Drops of food coloring to reach desired color



→ Leftover Re-creations ←

Ham

- Potato Nests with Peas, Ham and Cream Cheese
<https://www.foodnetwork.com/recipes/food-network-kitchen/potato-nests-with-peas-ham-and-cream-cheese-3558333#reviewsTop>
- Pasta Salad with Peas and Ham
<https://dinnertonight.tamu.edu/recipe/pasta-salad-peas-ham/>
- Pizza topping
- Sandwiches
- Tacos (pork and pineapple are a winning combination)

Candy

- Cookies
- Trail Mix
- Pies
- Brownies
- Bird Nests

Raw Eggs

- Broccoli Cheddar Egg Muffins - You could add meat or other veggies to this!
<https://dinnertonight.tamu.edu/recipe/broccoli-cheddar-egg-muffins/>
- Breakfast Casserole - Add in some veggies for extra nutrition!
<https://dinnertonight.tamu.edu/recipe/breakfast-casserole/>
- Quick Breads and other baked goods

Boiled Eggs

- Deviled Eggs
- Salad Topping
- Egg Salad:
<https://dinnertonight.tamu.edu/recipe/easy-egg-salad/>

MID-SABINE CATTLEMAN Conference

By Lee Dudley

APRIL 29 - 8:00AM - 3 CEU'S
Carthage Civic Center Conference Room

The Texas A&M AgriLife Extension Service of Panola County and the Panola County Beef and Forage Committee will be hosting the 2022 Mid-Sabine Cattleman's Conference, April 29th. The conference will be held from 8:00 a.m.- 3:00 p.m. at the Carthage Civic Center Conference Room

To help area producers expand their knowledge of regenerative agriculture practices that will ensure future success of area cattle operations during current extremes we are seeing in the cost of inputs, the Panola County Beef and Forage Committee has lined up a set of speakers that are recognized state and nationally as the best in their respected fields. Speakers for the program will be Dr. Sonja Swiger and Dr. Barron Rector both from Texas A&M University along with Mr. Shane Colston, Regional Representative for Precision Laboratories.

Topics to be covered will include:

1. Regenerative Agriculture Pasture Management Practices
2. Pesticide Adjuvants 101 (Maximizing herbicides effectiveness)
3. External Parasite Management in Beef Cattle
4. Weed Identification and Control Measures



Doors will open for registration at 7:30 the morning of the event with donuts and coffee provided by the Panola County Beef and Forage Committee. Our meal sponsor for the program is Heritage Land Bank with additional sponsorship coming from Red River Specialties, East Texas Seed Company, and El Dorado Agricultural Products. All sponsors will be on sight the day of the event with booths full of educational resources for those in attendance.

Landowners and Cattleman alike, mark your calendar and make your plans to attend this year's Mid-Sabine Cattleman's Conference and remember to get those early registrations in by April 25th. For more information contact the Panola County AgriLife Extension office at (903)693-0300 Ext 161 or by email at jldudley@ag.tamu.edu.

8:30: Welcome

8:45-9:45: Regenerative Agriculture Pasture Management – *Lee Dudley*

9:45-10:45: Pesticide Adjuvants 101 - *Shane Colston (1 general CEU)*

10:45-11:00: Break

11:00-12:00: Management of External Parasites in Beef Cattle - *Dr. Swiger (1 IPM CEU)*

12:00-1:00: Lunch

1:00-2:30: Weed Identification/Control Measures Weed ID Test - *Dr. Baron (1 general CEU)*

2:30: Meeting Concluded

STORM PREPAREDNESS

By Clarissa Moon

Spring is here! I hope you enjoy this blessed time of year with plenty of time to enjoy the great outdoors! However, the weather can be a bit temperamental during this time of year as well! With thunderstorms, tornadoes, and flash floods- there are plenty of opportunities for mother nature to bring the hammer down. Prepare yourself for these natural disasters (or other events) that could force you to evacuate your home. Ready.Gov (in addition to your AgriLife Extension office ☺) is your go-to resource for emergency planning. One of the easiest things you can do to plan ahead is to build an emergency supply kit that you can grab-and-go in case of an emergency. Look at the following list, and check out more information on Ready.Gov, to prepare yourself and your family for these situations. https://www.ready.gov/sites/default/files/2021-02/ready_checklist.pdf

- 1) Water and non-perishable food for several days
- 2) Extra cell phone battery or charger
- 3) Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- 4) Flashlight and extra batteries
- 5) First aid kit
- 6) Whistle to signal for help
- 7) Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- 8) Moist towelettes, garbage bags and plastic ties for personal sanitation
- 9) Non-sparking wrench or pliers to turn off utilities
- 10) Can opener (if kit contains canned food)
- 11) Local maps

COME ALIVE IN DISTRICT 5

District Roundup

LATE REGISTRATION: APRIL 1-5

APRIL 28-30

CROSS BRAND COWBOY CHURCH

11915 FM 2015, Tyler, TX

Something for Everyone!

Agriculture Product Identification
Consumer Decision Making - Duds to Dazzle
Educational Presentations - Entomology Collection
Fabric & Textile Creation - Family Community Health Quiz Bowl
Fashion Show - Food Challenge - Horse Quiz Bowl - Horticulture
Identification - Leaders 4 Life - Livestock Quiz Bowl - Photography
Public Speaking - Robotics Challenge - Share the Fun - Storyboard



Selecting Laying Breeds FOR BACKYARD POULTRY

By: Gregory S. Archer

When selecting laying hens for your backyard, you need to consider what it is that you expect from your chickens. Do you want to raise poultry as a business to make a profit? Do you want to produce eggs to reduce your grocery bill? Or do you want poultry in your back yard just for your own use and satisfaction?

If you want to raise poultry for profit or for eggs, egg-laying ability, space needs, and broodiness will be important factors to consider. You will want birds that lay many eggs to maximize your efficiency. Having birds that require less space or do well in cages may also be important if you plan to have a large flock. Finally, choosing birds that are not usually broody will minimize the time your birds are not laying eggs.

If you want birds only for your own use, the factors mentioned above may be less important. If your goal is to raise birds (in a way you find acceptable) to produce food for yourself, and maximum production numbers are not important, the number of breeds that can meet your needs increases dramatically. In this case, you may also be selecting birds based on their appearance. Chickens vary in the color and pattern of their feathers, combs, eggs, and even size. Regardless of why you want to have chickens, it is important to select birds that will fit your needs and do well in your environment.

The following terms are important to understand as you select the breed that will best fit your situation. Broodiness: readiness to brood eggs that is characterized by cessation of laying and by marked changes in behavior and physiology. Bantam: any of numerous small domestic fowls that are often miniature versions of the standard breeds. Popular breeds for backyard egg production can be found on the Panola County AgriLife Extension Webpage at <https://panola.agrilife.org/agriculture>



OPEN HORSE SHOW

May 21, 2022

Porth Ag Arena - Crockett, TX

1100 Edmiston Dr.

Books open at 8am - Show starts at 10am

For more info email: AllenCattleCo@gmail.com

or text: 936-222-4406

Stress Awareness Month

By Clarissa Moon

April is Stress Awareness Month! Everyone from young children to older adults experiences stress at some point. Stress can result from issues with work, school, family, or finances. Stress not only affects our mood, but our health as well. Muscle or body aches, inadequate sleep, and unintended changes in how much we eat can be caused by stress.

“The good news is that once you identify signs of stress, you can learn coping skills, and in time strengthen your resiliency to stress”, says Julie Tijerina, Extension Program Specialist with Texas A&M AgriLife Extension. “Teens and young children do not yet have the coping skills needed to help them ease their stressors, but we know that children will often react to stress in the same manner as the adults around them”, Tijerina continues.

Exercise

Eat Healthy

Sleep Restfully

Take Time to Relax

Practice Mindfulness

Follow these simple tips to reduce stress.

- Breathing exercises: Hold your breath for 4 seconds and release for 4 seconds. Do this for 5 minutes.
- Sitting meditation: Sit comfortably in chair, back straight, feet flat on the floor, and hands in your lap. Breathe through nose focusing on movement of breath in and out of your body.
- Walking meditation: Find a quiet place 10-20 feet in length. Walk slowly. Pay attention to the movements needed to keep balance. Walk a length, turn around and repeat.
- Before a test or other stressful event: Do neck and shoulder rolls, squeeze and relax hands and fingers, or do some simple stretches.

Additionally, other steps that can be taken to help cope with stress include:

- Eating Healthy
- Exercising
- Taking time to relax
- Practicing Mindfulness
- Getting restful sleep

Texas A&M AgriLife Extension offers programs on mental health awareness, including stress. For more information contact your local County Extension office at panola.agrilife.org or by calling 903-693-0300 ext. 217

Matter of Balance Class

Older Adults and Caregivers Welcome!

Increases activity levels among older adults to

improve strength and balance & reduce the fear of falling.

**Class at 10am
every Wednesday in
April and May!**

**Marshall Senior Center
106 E. Crockett St.,
Marshall, TX 75670**

**Contact:
Louraiseal 903-935-8414
Juanita 903-595-5211**



PINEYWOODS CATTLE CONGRESS

MAY 20, 2022

4 Kings Cattle Ranch - 1730 CR 202, San Augustine County
4 TDA CEU's - Fee: \$20 - Register by May 13 - 903-693-0300 ext 161

8:00am: Registration

8:30am: Sprayer calibration, GPS, and nozzle selection – Darren Rozell (1 Gen)

9:30am: Pasture Management – Lane Dunn (1 Gen)

10:30am: Economics/ economic update – Dr. David Anderson

11:30am: Lunch

12:00noon: Feral hog control – Dr. Aaron Sumrall (1 Gen)

1:00pm: Wildlife control (Vultures, beavers, & coyotes) – Greg Ashabranner (1 IPM)

2:00pm: Adjourn



Spring Flowers

ID & Photography Contest



Register by March 30

SUBMIT PHOTOS BY APRIL 15

2022-2023

MAJOR TAGS

\$20/animal
Due by April 22

Anyone attending a
Major Texas Stock Show
with a steer or registered
heifer in 2022-2023, it's
time to order tags!





Spring Calf

Management Tips

By: Joe C. Paschal,
Livestock Specialist Texas A&M AgriLife Extension

Texas is one of the few states where it can go from the dead of winter to the beginning of summer in just a few days. Fortunately, the calves that are being born now on Texas pastures will be the prime beneficiary of the better weather as well as the green that is beginning to appear in pastures from the Red to the Rio Grande River. Now is the time to consider a few economically beneficial calf management tips that will pay dividends at weaning and marketing time.

First, when possible, your calves should be identified. A good ear tag will help you remember birthdate and the dam of each calf, and later at weaning and marketing, his growth rate and market value. As a rule of thumb, calves born early in the season weigh more at weaning (about 2-2.5 lbs. more per day of age) and calves that are born earlier are generally out of more productive cows. Calf weight at weaning and marketing will assist you in deciding which cows are more productive, producing more valuable calves.

Second, as soon after birth as possible, castrate bull calves that you are not intending to raise and dehorn all calves. Doing these practices at a very young age reduces the pain of the procedure and increases the speed of recovery. Castrated calves are more desired by the feeding industry and bring more dollars per pound when marketed as their carcasses generally grade higher and have more value. The downside to castration is the steer calves will weigh less at weaning than bull calves but using a calf growth implant when castrating will offset the loss of gain. Dehorning or disbudding will improve the appearance and uniformity of the calves and reduce the potential for injury to you and other animals. If genetically homozygous polled bulls or cows are used, dehorning will not be necessary.

Finally, vaccinate your calves for the Blackleg or Clostridial diseases, especially if their dams have not been vaccinated and the calves are over a month old. This vaccination will protect calves from these “sudden death” diseases. All the commercial vaccines provide excellent immunity from these diseases and all calves should be vaccinated and provided a booster according to the label. For more information fill free to contact the Panola County AgriLife Extension Office at (903)693-0300 Ext 161

Quarterly Meeting

AG INDUSTRY

BREAKFAST



APRIL 7 | 7AM
EXPO HALL

Topic: Integrated Pest Management Approach to Control Warm Season Forage Insects.

CEU: 1 IPM

Attention landowners and livestock producers of Panola County, your Texas A&M AgriLife Extension Service supported by the Panola County Beef and Forage Committee and in partnership with the Panola County Commissioners Court will be hosting its Quarterly Agriculture Industry Breakfast, the morning of April 7th at the Panola Expo Center with doors opening at 6:30 am and program starting at 7 am. There will be doughnuts and coffee for those in attendance. Additionally, we will be offering 1 Continuing Education Credit for Integrated Pest Management (IPM) for those area producers who have a private applicator license.

IPM is a sustainable pest-management approach that combines biological, cultural, physical, and chemical tools in a way that minimizes economic, health, and environmental risks. IPM combines the most economical and ecologically sound techniques to control insect and mite pests efficiently and effectively. Highlights for the morning meeting will cover strategies for the control and management of warm season forage and cattle pest, with infuses placed on Armyworms, Grasshoppers, Bermuda Stem Maggots and Horn Flies.

Landowners and Cattleman alike, mark your calendar and make your plans to attend this quarters Ag. Industry Breakfast on April 7th at the Panola Expo Center. For more information contact the Panola County AgriLife Extension office at (903)693-0300 Ext 160 or by email at jldudley@ag.tamu.edu.

4-H Horse Validation

March 1 - April 15: \$10

April 16 - May 1: \$20



District 5 Horse Show

May 31: Stock Horse Clinic

June 1: Horse Show

3356 TX 31, Athens, TX

Registration opens April 1





TEXAS WILDFLOWERS

By Lee Dudley

One knows the season in Texas by her colorful wildflower displays along highways, fence rows, across open fields and clearings. The abundant blanket of nature begins in early spring and continue colorful array until winter. Many outdoor enthusiasts seeking nature, find joy in the bashful wood violets or the tiny, ski-blue flowers of Quaker ladies or Common bluets cooling sunny slopes in spring, and continue to seek the blackeyed Susan of summer and the autumn goldenrod and ageratum.

The Texas bluebonnet, famous for its vivid color and scenic beauty, is well known to all Texans and visitors traveling the state's highways during April. Often found in combination with bluebonnets is the just as vivid red-orange Indian paintbrush. When a bit of bright golden yellow touches on bluebonnet and paintbrush displays, it's sure to be a striking scene and just as certain to be the tall stems of the Texas squaw-weed, groundsel or also known as butterweed.

Then there are others which compete for attention if not in color, but in spread and vastness, the native spring Drummond phlox or Pride-of-Texas shows off in colors of many pastels shades as well as bright red. This phlox, although small in size, is vast in its population on sandy, sunny, dry slopes. The less colorful evening primrose is bashful in color but never in density. Entire railroad or ditch banks may present the pale delicate pink of primrose April through June.

The wild spiderwort on the edges of woods, the vivid blue of bachelor button, native larkspur and blue-eyed grass continue to bloom until early summer when the golden yellows and oranges of butterfly weed and coreopsis greet the heat of summer, giving way to Blackeyed Susan and fields of sunflowers and coneflowers. How well nature has blended her blankets of color and extended them from season to season. How can such "little bits" of nature make such a vivid show? could it be a mere miracle of nature or the glory of God on a ditch bank or drifting across an open meadow. Search every season and one will surely find beauty of many wild ones in East Texas.

Many of the native wildflowers are adaptable to home landscapes requiring little water and care yet providing an abundance of color and delight. Most wildflowers seed should be sown in late summer and early fall; however, a number of the colorful native perennials are now available through the nursery trade. The interested gardener may look for coreopsis, butterfly weed, sweet Williams, ferns, gaillardia, cardinal flower, salvias, asters, and many others



VIRTUAL

Texas 4-H Reel 'Em In

FISHING SKILL-A-THON 2022



SPRING

Tournament

Register: Feb 1-28

Fish:

March 1 - May 31

Saltwater or Freshwater

SUMMER

Tournament

Register: May 1-31

Fish:

June 1 - August 31

District 5 4-H

SHOOTING SPORTS GAMES AND RIFLE CLINIC

May 7, 2022

Register: March 1 - April 7

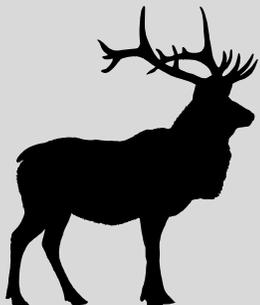
5H Shooting Sports Range - Frankston

Shotgun Events:

Skeet, Trap, 5-Stand,
Sporting Clays

Rifle Events:

3 Position Smallbore
& Metal Silhouettes



District 5 4-H

Aim For the Game

The Ronald Barlow Memorial
3-D Archery Meet

May 14, 2022

Register: March 15 - April 14

Fairway Farms - San Augustine

Bow Classes:

Barebow,
Recurve,
Compound Aided,
NASP Genesis Barebow





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