

January 2023

THE PANOLA EXTENSION

A Monthly Newsletter by the Panola County AgriLife Extension office



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UPCOMING EVENTS:

- 1/5: Agriculture Industry Breakfast, 7:00am, Expo
- 1/8: 4-H Food Project Workshop, 2:00-3:30pm, Expo
- 1/9: 4-H Council Meeting, 5:30pm, Expo
- 1/9: ALPA Meeting, 6:00pm, Expo
- 1/10: A Matter of Balance class orientation, 2:00pm, Winkler Place
- 1/13: East Region AgriLife Conference & EXPO, 8:00am, Tyler
- 1/13: Fruit, Nut, and Vegetable Conference, 8:00am, Tyler
- 1/13: Registration for County 4-H Food Challenge due
- 1/17: County 4-H Food Challenge, 5:30pm, Central Baptist Church
- 1/28: Lamb and Goat Exhibitor Advancement Clinic, 11:00-1:00, Expo
- 2/1: Project Fair Entries Due
- 2/2: Rabbit Validation for PCJLS, 6-7pm, Expo
- 2/3: District 5 Photography Contest Last Day to Register
- 2/11: Late Project Fair Entries due
- 2/24: District 4-H Food Challenge, Center, TX
- 2/27-3/3: Panola County Junior Livestock Show and Project Fair
- 3/3: District 5 Photography Contest - Photos due

In This Issue:

- Problem Sleepiness
- Keeping 4-H Market Pigs Warm During Cold Weather
- Getting Started with Show Broilers
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- Waiting for Motivation to Strike? Try Rethinking That
- Composting to Kill Weed Seeds

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

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PROBLEM SLEEPINESS

From: NIH- National Heart, Lung and Blood Institute

In my humble opinion, sleep is one of the most underrated things you can do for your health, and so many people take it for granted! Sleep deprivation can contribute to all sorts of short and long-term health problems like mood, cognitive performance, physical functioning, and heart disease. "Problem Sleepiness" is when sleepiness interferes with daily routines and activities, and one's ability to function. This was a new term for me, and I hope you take a minute to read more about the symptoms as they are rather common but could contribute to or be signs of serious health problems! -Clarissa



Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.

How do I know if I'm not getting enough sleep?

Sleep deficiency can cause you to feel very tired during the day. You may not feel refreshed and alert when you wake up. Sleep deficiency also can interfere with work, school, driving, and social functioning.

How sleepy you feel during the day can help you figure out whether you're having symptoms of problem sleepiness.

You might be sleep deficient if you often feel like you could doze off while:

- Sitting and reading or watching TV
- Sitting still in a public place, such as a movie theater, meeting, or classroom
- Riding in a car for an hour without stopping
- Sitting and talking to someone
- Sitting quietly after lunch
- Sitting in traffic for a few minutes

Sleep deficiency can cause problems with learning, focusing, and reacting. You may have trouble making decisions, solving problems, remembering things, managing your emotions and behavior, and coping with change. You may take longer to finish tasks, have a slower reaction time, and make more mistakes.

Symptoms in children

The symptoms of sleep deficiency may differ between children and adults. Children who are sleep deficient might be overly active and have problems paying attention. They also might misbehave, and their school performance can suffer.

Sleep-deficient children may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation.

Sleep and your health

The way you feel while you're awake depends in part on what happens while you're sleeping. During sleep, your body is working to support healthy brain function and support your physical health. In children and teens, sleep also helps support growth and development.

The damage from sleep deficiency can happen in an instant (such as a car crash), or it can harm you over time. For example, ongoing sleep deficiency can raise your risk of some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others.

Mental health benefits

Sleep helps your brain work properly. While you're sleeping, your brain is getting ready for the next day. It's forming new pathways to help you learn and remember information.

Studies show that a good night's sleep improves learning and problem-solving skills. Sleep also helps you pay attention, make decisions, and be creative.

Studies also show that sleep deficiency changes activity in some parts of the brain. If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change. Sleep deficiency has also been linked to depression, suicide, and risk-taking behavior.

Children and teens who are sleep deficient may have problems getting along with others. They may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. They also may have problems paying attention, and they may get lower grades and feel stressed.

Physical health benefits

Sleep plays an important role in your physical health.

Good-quality sleep:

- Heals and repairs your heart and blood vessels.
- Helps support a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin): When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well-rested.
- Affects how your body reacts to insulin: Insulin is the hormone that controls your blood glucose (sugar) level. Sleep deficiency results in a higher-than-normal blood sugar level, which may raise your risk of diabetes.
- Supports healthy growth and development: Deep sleep triggers the body to release the hormone that promotes normal growth in children and teens. This hormone also boosts muscle mass and helps repair cells and tissues in children, teens, and adults. Sleep also plays a role in puberty and fertility.
- Affects your body's ability to fight germs and sickness: Ongoing sleep deficiency can change the way your body's natural defense against germs and sickness responds. For example, if you're sleep deficient, you may have trouble fighting common infections.
- Decreases your risk of health problems, including heart disease, high blood pressure, obesity, and stroke

Daytime performance and safety

Getting enough quality sleep at the right times helps you function well throughout the day. People who are sleep deficient are less productive at work and school. They take longer to finish tasks, have a slower reaction time, and make more mistakes.

After several nights of losing sleep — even a loss of just 1 to 2 hours per night — your ability to function suffers as if you haven't slept at all for a day or two.

Lack of sleep also may lead to microsleep. Microsleep refers to brief moments of sleep that happen when you're normally awake.

You can't control microsleep, and you might not be aware of it. For example, have you ever driven somewhere and then not remembered part of the trip? If so, you may have experienced microsleep.

Even if you're not driving, microsleep can affect how you function. If you're listening to a lecture, for example, you might miss some of the information or feel like you don't understand the point. You may have slept through part of the lecture and not realized it.

Some people aren't aware of the risks of sleep deficiency. In fact, they may not even realize that they're sleep deficient. Even with limited or poor-quality sleep, they may still think they can function well.

For example, sleepy drivers may feel able to drive. Yet studies show that sleep deficiency harms your driving ability as much or more than being drunk. It's estimated that driver sleepiness is a factor in about 100,000 car accidents each year, resulting in about 1,500 deaths.

Drivers aren't the only ones affected by sleep deficiency. It can affect people in all lines of work, including healthcare workers, pilots, students, lawyers, mechanics, and assembly line workers.





February 27 - March 3



2023 Panola County Junior Livestock Show & Project Fair

Project Fair Tentative Schedule to be Held at Civic Center

Monday: Enter/Check in Exhibits 4-7pm

Tuesday: Enter/Check In Exhibits 8:30-10am, Closed Judging 10:30, Open for Viewing 4-6pm

Wednesday-Thursday: Open for Viewing 12-4pm

Friday: Display at Buyers Luncheon 10:45-1:00

Friday afternoon: Pick up Exhibits 2-4pm



Livestock Show Tentative Schedule

Monday: 5:30-6:30pm Weigh out for Steers

Tuesday: 9am Pen of Heifers, 10am Judging, 6pm Awards 6:30pm Sale

Wednesday: 10-12pm Barrows, Goats, and Lambs - Weigh In

Wednesday: 12:30pm - Broilers and Rabbits Check in

Wednesday: 2pm - Broiler show and followed by Rabbits

Thursday: 7am - Barrows, Gilts, Lambs and Goats Show

Friday: 6am - All Cattle show, sale starts after lunch



A Matter of Balance

Increases activity levels among older adults to improve strength and balance and reduce the fear of falling!

ORIENTATION: TUESDAY, JANUARY 10, 2023

2:00pm, Winkler Place Assisted Living, 513 N. Adams, Carthage

LESSONS EVERY TUESDAY!

- Jan. 17:** Introduction to the Program
- Jan. 24:** Exploring Thoughts & Concerns About Falling
- Jan. 31:** Exercise & Fall Prevention
- Feb. 7:** Assertiveness & Fall Prevention
- Feb. 14:** Managing Concerns About Falling
- Feb. 21:** Recognizing Fall-ty Habits
- Feb. 28:** Recognizing Fall Hazard in the Home & Community
- March 7:** Practicing No Fall-ty Habits & Putting It All Together

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Area Agency
on Aging
of East Texas



Area Agency on Aging of East Texas - Nellie Henry
Panola County Extension Agent - FCH - Clarissa Moon

Become a MASTER WELLNESS VOLUNTEER

The Master Wellness Volunteer Program is an educational campaign with the Texas A&M AgriLife Extension Service (AgriLife Extension) focused on helping Panola County residents learn how to make healthy lifestyle choices.

Volunteers receive 40 hours face to face or self-paced online training in nutrition, health, food safety, food demonstration, and research based programs

CONTACT CLARISSA TO SIGN UP!

[Learn more on our website!](#)



Training Begins: January 18, 9am-4pm, Chamber of Commerce
Last Session: March 1, 9am-4pm, Chamber of Commerce

Online Course Intervening Weeks!

Keeping 4-H Market Pigs Warm During Cold Weather

From the University of Florida

<https://blogs.ifas.ufl.edu/extension/2019/12/12/keeping-4-h-market-pigs-warm-during-cold-weather/>



Many 4-H members across the state have recently purchased market pigs. These young people are in the middle of raising their animal for a local county fair this Spring. It is getting to be the time of year when cold fronts will roll through Florida. As cold fronts pass through our state, we see a lot of temperature fluctuation. The warm weather, followed by rain, followed by cold weather, then often followed by warm weather again, can be hard on an animal's immune system.

Some tips to help protect your pig from extreme changes in weather, and in particular, colder weather, include providing access to shelter with dry bedding (such as straw, shavings, pine needles). The bedding should be thick enough where your animal will sleep so that your pig can burrow down into the bedding at their choice. Draft and wind protection, especially from the north wind, is also a good idea.

Be Very Cautious with Heat Lamps

Some people like to utilize a heat lamp to help keep their pig warm on really cold nights. If you do this, remember to safely and properly use the heat lamp for your pig. It is extremely important that you keep the heat lamp a safe distance away from bedding to prevent a fire. You also need to place the heat lamp so that your pig can't reach it and chew on the electric wire or the lamp itself. Please be very careful when using these lamps!

Temperature and Comfort Zone

Understanding what temperature ranges pigs find comfortable can help keep your animal comfortable this Winter.

- Lower Critical Temperature (LTC) is the temperature below which a pig expends extra energy to try to stay warm.
- Upper Critical Temperature (UTC) is the temperature that pigs start having heat stress.
- The Thermo-neutral zone, or Comfort Zone, is the temperature range in between LTC and UTC.
- Thermal environment is created by the temperature, moisture, and airflow/wind interaction. Wind/draft, moisture, and age of animal influences the comfort zone.

In general, younger (lighter) animals prefer warmer conditions, and as the animals grow they can tolerate colder temperatures. A feeder pig weighting about 60 pounds with access to straw will typically find it comfortable between 55-73 degrees Fahrenheit, according to <https://thepigsite.com/husbandry/environmental-management/environmental-temperatures>. This site also provides a basic guide for comfort zone of pigs on various types of flooring, not taking into account airflow or moisture.



GETTING STARTED WITH Show Broilers

By: Morgan Farnell and Craig Coufal

A broiler is a chicken bred specifically to grow muscle efficiently and be eaten. Raising broiler chickens is an excellent youth project for beginners to livestock exhibiting. Chickens are considerably easier to handle, require less space, and are less expensive than other species.

Advantages of starting with show broilers

- **Project is short term:** It typically takes only 6 weeks to raise a broiler to market weight.
- **Less feed:** A broiler chicken eats less than 2 pounds of feed for every pound of body weight gain. Therefore, a 6-pound broiler requires only 12 pounds of feed to complete its 6 weeks grow- out cycle.
- **Equal chance to succeed:** All chicks that students receive for a show are provided by a single hatchery. The chicks are the same breed and hatched on the same day. The birds are wing banded and randomly assigned to each student. This removes all bias in the selection of chicks and their assignment to the participants.
- **Chickens are easy to handle:** The birds are not intimidating, and most youngsters can easily handle a 6-to-8-pound broiler.
- **Relatively low cost:** The chicks typically cost less than \$2 each. The cost of the project will depend on the number of birds that a student can house and care for, starting with 25 chicks costs less than \$50. Housing can also be simple and inexpensive, especially if you keep the birds in an existing structure.
- **Requires little room:** Show birds can be raised in a backyard or a garage; they do not need a large amount of land.
- **Pen is lightweight:** Simple, inexpensive materials such as PVC pipe, nylon cable ties, and poultry netting can be used to construct a 10 foot by 10 foot broiler pen (Table 1). The pen must be housed in a shed or garage to protect the broilers from the elements.
- **Can be raised in town:** Broilers can often be raised in urban areas where larger animals would be impractical. In fact, it is recommended that broilers be raised indoors to maximize growth and prevent attack by predators. Many city ordinances and homeowners' associations allow chickens for youth projects to be raised in town. Be sure to check with local laws and regulations before ordering chicks.
- **Provides meat:** Most livestock show require entrants to bring a pen of three broilers, and most exhibitors also bring one or two alternates to the show. The remaining birds can be processed and eaten.
- **Cost benefit ratio:** A broiler chicken project costs little compared to the prize money a student can win. The investment and risk involved in a broiler project are much lower than for other animals.

For help with raising broilers for show, contact the local Texas A&M AgriLife Extension Service County agent or an Agriculture science teacher.

Additional information is available at:

<http://posc.tamu.edu/texas-agrilife-poultry-extension-specialists/youth-programs/>

<https://agrilifebookstore.org/>



East Texas Fruit, Nut, & Vegetable Conference

Scheduled for January 13 in Tyler

By Greg Grant, Smith County Horticulturist, Texas A&M AgriLife Extension Service



Winter is the season when most fruit and nut trees are planted. For those that are sold “bare root,” dormant season planting is absolutely essential. If you’d like to learn more about producing edible crops in 2023, the annual East Texas Fruit, Nut and Vegetable Conference, Friday January 13 at the Cross Brand Cowboy Church (11915 FM 2015, Tyler, Texas 75708) will offer both professional and amateur gardeners advice on figs, bunch grapes, muscadines, home vegetable production, peaches, plums, and the growing history of the 100-plus-year-old King’s Nursery in Tenaha.

Registration will begin at 8 a.m.; followed by the first session at 8:30 a.m. Lunch is provided. Cash, checks, or credit cards will be accepted at onsite registration. Program cost is \$25 for pre-registration online before January 12 and \$35 after. The program will be held in-person only. Pre-registration is required for a lunch headcount. No Texas Department of Agriculture CEU’s will be offered for this event. However, CE’s (5 hours) for certified Texas Master Gardeners will be awarded.

Topics and speakers include:

Growing Figs in East Texas, Dr. David Creech, Professor Emeritus and Director of SFA Gardens, Stephen F. Austin State University.

Muscadines and Bunch Grapes, Michael Cook, North Texas Viticulture Program Specialist, Texas A&M AgriLife Extension Service.

Feeding a Family from a Home Vegetable Garden, Greg Grant, Smith County Horticulturist, Texas A&M AgriLife Extension Service.

Four Generations of Selling Fruits, Nuts, and Vegetables in East Texas, Dr. Andrew King, King’s Nursery, Tenaha.

Growing Peaches and Plums, Dr. Tim Hartman, Assistant Professor and Extension Specialist-Fruit Crops, Texas A&M AgriLife Extension Service.

This event was organized to meet the growing demand for information about fruit, nut, and vegetable production for home gardeners and commercial growers in East Texas. It’s an opportunity to learn tips from specialists and agents on how to be successful, how to avoid common pitfalls, and how to learn more as you grow.

The East Region AgriLife Conference and Expo will be held the same day, at the same time, on the same property, so be sure and find your way down the hill to the Fruit, Nut, and Vegetable Conference if that is your desire. The Expo on site will be attended by professionals seeking Texas Department of Agriculture CEU’s.

For more information on either conference or to pre-register, contact the Smith County Extension office at 903-590-2980. Online registration is available at <https://smith.agrilife.org/fnvc/>. The flyers, registration link, and schedules are posted on the Texas A&M AgriLife-Smith County Facebook page.

EAST REGION AGRILIFE CONFERENCE & EXPO

JANUARY 13, 2023

Cross Brand Cowboy Church
11915 FM 2015
Tyler, Texas 75708

Register online for \$10
smith.agrilife.org/erace

Register at the door for \$20

6 Structural SPCS: 1 Termite, 1 Pest, 2 Gen, 1 L&O, 1 Weed
5 TDA: (Private/Commercial/Non- Commercial) 2 Gen, 1 L&R, 2 IPM



LAMB & GOAT EXHIBITOR ADVANCEMENT CLINIC

January 28 11:00am-1:00pm EXPO

With this year's Panola County Junior Livestock Show quickly approaching, it is important that we keep an eye on the development of our animal projects making sure that they will meet the weight requirements all while looking their best come show day. It is with this in mind, that Panola County AgriLife Extension would like to announce this year's Goat & Lamb Advancement Clinic is set for January 28th from 11:00 a.m. - 1:00 p.m. This program will be specifically for those youth that are in the first few years of showing. It is required that you bring your animal to this program for the hands-on training that will be available.



Remember, it is never too early to start working with your animals to make a difference in their appearance, whether that is to increase their weight gain or to start a holding diet slowing the gain down. If we are not routinely weighing our animals we cannot determine average daily gain inhibiting us to project their final weight by show time. Without this crucial information we go into the show ring a step behind the game. Currently there are several sets of small animal scales around the county available for use by any member of Panola County 4-H. If you are wanting to weigh your child's livestock project and would like the location of a scale close to you, or simply want to set a time for me to come out and check the progress of your project, give us a call in the Extension office at (903)693-0300 Ext 160.

Waiting for Motivation to Strike?

TRY RETHINKING THAT.

By David Topor, Harvard Health Publishing



If you're one of the millions of Americans who sets a New Year's Resolution (or even if you're not), read on for some suggestions on how to make the habit stick. I am a bit of a nerd when it comes to psychology and human behavior. While I'm no expert, I can say I've read a few books and there's more to it than meets the eye. This article does a great job of explaining why we need to be specific in goal-setting and visualizing what success means to us. -Clarissa

All of us know that motivation is a key ingredient to accomplishing goals in our personal and professional lives. But if you wait for motivation to strike like a sudden lightning storm, you're a lot less likely to take a single step toward any goal. Even if you have a much-desired goal in mind, it's all too easy to deplete motivation through feeling overwhelmed, procrastination, or impatience. The steps below can help you increase your motivation to accomplish the goals that matter to you.

The meaning of your goal

Before setting a goal, it is critical to clearly identify meaning — that is, why is successfully reaching this goal important to you? What will this achievement mean to you? For example, telling yourself "I want to lose 10 pounds so I have more energy to play with my grandchildren" conveys far more meaning than "I want to lose weight." Or maybe your goal is to paint a room a different color because you feel that color will bring more joy into your life. That's very different than setting a goal of "paint room."

If you set a goal and find yourself procrastinating or not achieving it, revisit the meaning of the goal you have set. Is this a goal that continues to matter to you? If so, consider the meaning behind the procrastination or the difficulties that you are experiencing.

Operationalize your goal

Write out a detailed plan to achieve the goal. Use the SMART acronym to guide this plan:

- Specific (What exactly do you want to accomplish?)
- Measurable (How will you know when you have succeeded?)
- Achievable (Is the goal you have set possible?)
- Realistic (Does setting this goal make sense for you right now?)
- Time-bound (What is the specific time frame to accomplish this goal?)

For example, a goal of "exercise more" is too vague, and will not set you up for success. Instead, set a goal of walking 50 steps in the next hour, or taking a 15-minute walk Wednesday morning. This goal is specific, measurable, achievable, realistic, and time-bound.

Set up a to-do list — and tick it off

Once you identify a specific goal, make a to-do list to accomplish it.

- What resources do you need?
- What are the steps you'll take toward your goal? Break down tasks into manageable mini-tasks and write each one down.
- Set deadlines for each task. Make a schedule to accomplish these tasks, being sure to include regular breaks and realistic time frames.
- Cross off each mini-task as you complete it. Step by step, you'll see you're making progress toward your goals.

If you are having difficulty breaking down your goal into smaller tasks, just begin working toward it. For example, if you set a goal of increasing the number of steps you walk each day, but have difficulty identifying the ideal number of steps as a goal, just start walking. You can figure out that ideal number later.

Include others

Invite a team to help you with your goal. You could join a running club, or ask family and friends to check on your progress in achieving tasks related to your overall goal. Perhaps friends can send email or text message reminders to keep you accountable. Finally, surround yourself by other people who are actively working on their own goals. Their efforts may inspire you, too.

Visualize success

Create an image of yourself achieving this goal. This image could be in your mind, or perhaps you could draw a picture of yourself achieving your goal. Imagine what achieving this goal will mean for you. How will you experience the success? How will it feel for you? Remember these positive emotions as you are completing the tasks on your to-do list to help fuel motivation.

Avoid distractions

Try to choose a space that is organized, free of clutter, and with minimal distractions. Focus on one task at a time, not multitasking. Close email and place your phone on silent. Avoid social media sites that make goals seem very easy to attain.

Track progress and time spent

Decide how often you'll track progress toward your overall goal through your to-do list. Are you meeting the timeline you initially established? If not, identify stumbling blocks. Revisit the importance and meaning of this goal and how you initially set up your SMART model. If necessary, reconsider challenging aspects of your goal and make changes in your plan.

Think creatively about how to expand available time to work on your goal. Can you make certain tasks more routine in your life? Can you link unenjoyable tasks with more pleasurable activities? For example, if you dread your goal of taking 100 additional steps each day, could you listen to music or a podcast that you enjoy while you are taking these steps?

Embrace empathy

Be kind to yourself when tracking progress toward achieving your goal. Practice self-compassion on occasions when you fall short. Build small rewards into the process, and consider how to celebrate all your accomplishments.

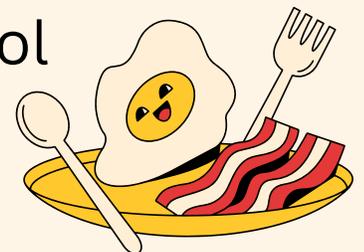
Quarterly Meeting

Agricultural Industry Breakfast

January 5, 2023 | 7:00am | Expo Hall

Topic: Feral Hog Management & Control

CEUs: 1 General C.E.U.





COMPOSTING TO KILL WEED SEEDS

By: Joseph Masabni

Composting occurs when organic materials—such as yard trimmings, food wastes, and animal manures—decay to form compost, an earthy material that can be used to improve garden soil. Compost benefits gardens by:

- Supplying many nutrients that plants need
- Improving the soil's physical characteristics, such as texture
- Enabling the soil to better hold water and nutrients
- Helping aerate the soil

The composting process also naturally kills weed seeds. Properly managed, a compost pile should easily reach 140°F, which breaks down all organic matter, including weed seeds.

The key word is *properly*. Organic matter that is improperly composted can introduce problems into a garden. Raw animal manure often contains disease-causing organisms such as *E. coli* and *Salmonella*, which can make people sick if they eat vegetables contaminated with them.

Manure can also contain live weed seeds. These seeds can spread easily from one farm, field, or garden to another, multiplying the problem from one weed to thousands of new weeds.

How does composting reduce weed seeds?

Proper composting occurs under the following conditions:

- The ratio of carbon to nitrogen (C:N) ranges from 25:1 and 40:1. This ratio balances both energy (carbon) and nutrients (nitrogen).
- The compost is about 40 to 60 percent moisture by weight.
- The oxygen content is 5 percent or more.
- The pH level ranges from 6 to 8.

In these conditions, microorganisms begin breaking down the organic residues and releasing heat. A clear sign that the compost is decaying properly pile is the release of steam when the surface of the pile is disturbed (Fig. 2). As the temperature rises above 113°F, heat-loving microorganisms replace the earlier microorganisms. At that stage, the pile will enter the active phase, with temperatures reaching 131 to 170°F in 1 to 3 days.

These high temperatures are the key to killing weed seeds in a compost pile. In general, more seeds will die the longer that the temperature in the pile remains within this range.

How to compost properly

Most gardeners have a static compost pile. They believe that composting consists of filling the pile, waiting a few weeks, and then magic happens—the compost is ready. In reality, most compost piles are merely trash heaps of garden and kitchen waste.

To compost properly, keep the C:N ratio at 25:1 to 40:1 and the moisture, oxygen, and pH in the pile at optimum levels.

C:N ratio: To maintain the correct C:N ratio, build the pile with alternating layers of brown matter such as dead tree leaves, and green matter such as grass clippings. Adding equal amounts of green matter (grass clippings, kitchen waste) and dry matter (dry leaves) will often achieve this desired ratio.

Moisture: Water the compost pile regularly to keep the microorganisms alive and to soak the weed seeds fully. Don't add so much water that it flows out from the bottom of the pile.

pH: pH meters are available in garden centers and can be used to estimate the pH level of the compost pile. However, an easy and more practical way to tell whether the compost pile is “cooking” properly is by its smell. If the compost pile smells sour or like a rotten egg, the pH is not correct. A compost pile at the proper pH should smell earthy, like freshly dug garden soil.

If the pile smells bad, check to see if it is too wet. You may be adding too much water or wetting too often. Let the pile dry for a while and wet it less often. Another option is to turn the pile and mix it thoroughly.

If the first two measures do not help, mix lime into the pile to correct the low pH level and reduce the rotten egg smell.

Turning: Periodically mix the materials within the pile to introduce more oxygen and distribute the moisture evenly (Fig. 3). To add as much air into the pile as possible, break up any clumps, and move the drier material from the outer edges into the center.

Turning the compost will also enable the temperatures at the edges and surface of the pile to rise high enough to kill weed seeds. The pile must be mixed thoroughly during the active phase to ensure that all the material is heated for a long enough period to kill the seeds.

TABLE 1. Estimated amount of time required to kill 90 percent of seeds at various temperatures.

Weed	Temperature (F)			
	140°	122°	115°	108°
Annual sowthistle	<1.0	2.1	13.3	46.5
Barnyardgrass	<1.0	5.4	12.6	Unaffected
London rocket	<1.0	4.0	21.4	83.1
Common purslane	1.3	18.8	Unaffected	Unaffected
Black nightshade	2.9	62.0	196.6	340.6
Tumble pigweed	1.1	107.0	268.5	Unaffected

Source: *Time and Temperature Requirements for Weed Seed Thermal Death*, by N. Dahlquist et al., 2007



Black-Eyed Pea and Jalapeño Pepper Salsa

Black-eyed peas are often consumed on New Year’s Day for good luck and prosperity. However, these little “peas”, that are really beans, provide a good nutritional bang for your buck as well. Just ½ cup of cooked black-eyed peas provides more than 20% of your DV for fiber. They are also a good source of protein and iron! You can find them dried, canned or frozen. You can cook them up plain (I may suggest adding some seasonings, however) or have them as part of a soup or casserole! If you’re feeling feisty, though, try this salsa recipe from Dinner Tonight!

INGREDIENTS

- 1 15 ½ ounce can black-eyed peas low sodium, rinsed
- ½ cup pickled jalapeño peppers chopped
- ½ cup onion chopped
- ½ cup Tomato diced
- ½ cup olive oil
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper

INSTRUCTIONS

1. Mix the black-eyed peas, jalapeño peppers, onion, tomato and olive oil together in a bowl.
2. Add garlic powder, salt and pepper.
3. Mix well and chill 10-15 minutes before serving.
4. Serve with whole grain tortilla chips.

[Click here for the recipe at Dinnertonight.tamu.edu](http://Dinnertonight.tamu.edu)

2023

Project Fair

Photography • Arts & Crafts

Foods • Fabric & Fiber Arts

Floral Design (NEW!) • Educational Display (NEW!)

Educational Display: make a poster, trifold, or tabletop display on a topic of your choosing (i.e. heart health, the water cycle, your favorite musician). You could even bring a project made for school.

Clover Kids - Ages K-2 grade

Clover Kids: any project/exhibit that corresponds to the other divisions; no competitive judging shall occur



Must be a 4-H or FFA member
OR enrolled in any of the following classes: culinary, art, life skills, or photography.



Enter Now!

Register Here >>> <https://panola.agrilife.org/4-h-project-fair/>



Entries and payment are due to the Extension Office by
February 1, 2023.

FEBRUARY 27 - MARCH 3



tentative schedule

- Monday:** Enter/Check in Exhibits 4-7pm
- Tuesday:** Enter/Check In Exhibits 8:30-10am, Closed Judging 10:30, Open for Viewing 4-6pm
- Wednesday-Thursday:** Open for Viewing 12-4pm
- Friday:** Display at Buyers Luncheon 10:45-1:00
- Friday afternoon:** Pick up Exhibits 2-4pm

*Monday-Thursday will be in the Conference Room.
Friday will be in the Main Room of Civic Center*





District 5 4-H
**PHOTOGRAPHY
 CONTEST**

**Last Day to Register
 February 3, 2023**

*Upload photos
 February 3 - March 3*



**Market Rabbits
 Validation**

for Panola Co. Jr. Livestock Show:

Entry forms due at Validation.
 February 2, 6-7pm, County Expo Center



**4-H Food Project
 Workshop**

Sunday, Jan. 8

2:00-3:30pm

Location: Expo Hall

This **FREE** workshop is for anyone interested in 4-H Foods project or Food Challenge contest!

- Public Speaking
- Hands on Food Prep
- Nutrition & Food Safety Knowledge
- Kitchen Safety
- Get Creative with Ingredients

Panola County 4-H

FOOD CHALLENGE

January 17 | 5:30pm

Central Baptist Church

Register by Jan 13 on our website!



PANOLA COUNTY 4-H CLUBS

Beckville 4-H

Club Manager: Brandy Dudley, 903-690-1108
3rd Monday, 6:00pm, Beckville Sunset Elementary School

Carthage 4-H

Club Manager: Kirstyn Jacks, 903-754-7506
4th Tuesday, 6:00pm, Expo Hall

Fairplay 4-H

Club Manager: Eric Pellham, 903-754-2582
2nd Monday, 6:00pm, Allison Chapel UMC in Fairplay

Gary 4-H

Club Manager: Jennifer Whitby, 903-692-1729
3rd Monday, 6:00pm, Gary ISD Cafeteria

Shooting Sports 4-H

Club Manager: Sabrina Scott, 903-930-9836
4th Monday, 6:00pm, Expo Hall

Stillwaters 4-H

Club Manager: Corie Young, 903-692-7737
3rd Monday, 6:30pm, Still Waters Cowboy Church

Adult Leaders and Parents Association (ALPA)

Open to all parents, adult volunteers, and club managers
Contact: Clarissa 903-693-0300 ext 217 or Corie Young 903-692-7737
1st Monday, 6:30, Expo Hall



SCHOLARSHIPS

Houston Livestock Show and Rodeo

GO TEXAN Scholarship

Application opens early December.
Online application
closes January 31, 2023.

[Apply and more info on Rodeo Houston website here](#)



Texas 4-H Foundation Opportunity Scholarship:

Deadline to apply February 15, 2023.

[Apply and more info on TX 4-H Foundation website here!](#)

Texas Farm Credit

STUDENT AG CHAMPS & SCHOLARSHIPS

Ag Champs: Each Texas Farm Credit branch location will select one local student who will be awarded a \$1,000 academic grant and the title of Ag Champ. Each Ag Champ will also have a \$1,000 contribution made in their honor to their FFA chapter or 4-H club.

Marsha Martin Scholarship: Texas Farm Credit will present \$5,000 postsecondary scholarships to ten future ag leaders.

All applications are due by: **January 15, 2023.**

Applications and more info here:
<https://www.texasfcs.com/news/scholarship-programs>



— THE PANOLA EXTENSION —

Panola County AgriLife Extension Service

Address:

110 S. Sycamore St.
Room 104
Carthage, Texas 75633

Phone:

(903) 693-0300
Lani: ext 160, Lee: ext 161, Clarissa: ext 217

Email:

panola-tx@tamu.edu

Website:

www.Panola.AgriLife.org

Facebook:



[/PCAgriLife](https://www.facebook.com/PCAgriLife)

LEE DUDLEY

Agriculture & Natural Resource, County Coordinator

CLARISSA MOON

Family & Community Health, 4-H Coordinator

LANI WEST

Support Staff - Secretary

TEXAS A&M
AGRI LIFE
EXTENSION

