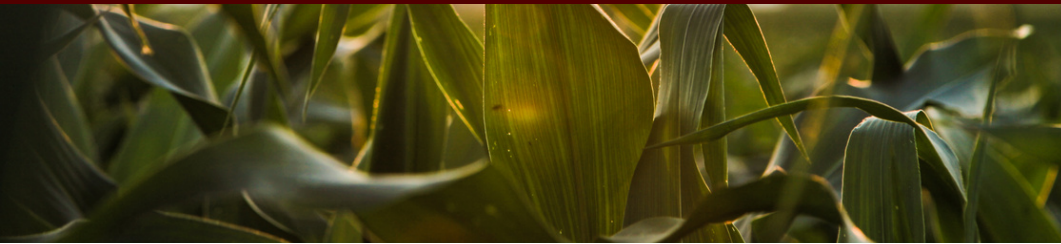


April 2023

THE PANOLA EXTENSION

A Monthly Newsletter by the Panola County AgriLife Extension office



Panola County AgriLife Extension Service

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www.Panola.AgriLife.org



Facebook:

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

UPCOMING EVENTS:

- 4/1: Panola County Jr. Livestock Show Scholarship Applications Due
- 4/3: ALPA meeting - 6:00pm, Expo
- 4/5: Be Well, Live Well 10:00am, Panola Senior Community Meeting Room
- 4/6: Agriculture Industry Breakfast 7:00am, Expo Hall
- 4/7: Good Friday - Office Closed
- 4/10: Thomson Feed Cattle Meeting - 6:00-8:00pm, Expo
- 4/12: Be Well, Live Well, 10:00am, Panola Senior Community Meeting Room
- 4/14-15: Come Alive in D5 (District Roundup) in Tyler, Tx
- 4/18: Horticulture in the Evenings 5:30, Sammy Brown Library
- 4/18: Food Handlers Class Registration Deadline
- 4/20: DeBerry 4-H Club information meeting
- 4/25: Food Handlers Class, 5:30pm, Chamber of Commerce
- 4/28: Mid-Sabine Cattleman's Conference 8:00am, Carthage Civic Center
- 4/29: Shooting Sports Rifle 3-Position Smallbore Competition, Groveton, TX
- 5/11: 4-H Cookin' Night , 5:30pm, Central Baptist
- 5/29: Memorial Day - Office Closed
- 5/31: District 4-H Horse Show, Athens, TX

In This Issue:

- Tools to Start Your Soil Health Journey
- Take your Diet to the Mediterranean
- Exercising with Chronic Conditions
- Whole Wheat Pizza Dough
- Swine and Heifer Validations
- Mid-Sabine Cattleman's Conference
- Tomatoes
- Rose Care and Fertilization
- Timing on Weed Control is Critical

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



TOOLS TO START YOUR SOIL HEALTH JOURNEY



By: Noble Research Institute

www.noble.org/regenerative-agriculture/soil/tools-to-start-your-soil-health-journey/

Shawn Norton, Noble Research Institute's research services manager, knows this firsthand. He helps collect data to measure the institute's own progress in applying the six soil health principles on its journey to regenerative ranching.

"We're here, watching our ranches make this transition, too, so we're seeing what we need," Norton says. Each rancher's methodology will be a bit different, but, he says, "There are a few really simple tools that play a big role here."

If you're just getting started down a more regenerative path, these five evaluative tools will help guide the journey.

1. Dig in for an honest evaluation

Start simple and grab a shovel.

Too often, we use this tool for a task-oriented project and fail to pause to ponder what we see in the process. Norton suggests taking your spade into different pastures and fields to get a baseline sensory assessment of your soil's current condition. Write down the date, location, current conditions and what you see, smell and feel. Tap into a youthful curiosity.

Ask yourself questions such as:

- Do you have plow pan?
- What is your soil's texture and aggregation?
- What does the soil smell like 6 inches under the surface?
- What kinds of root structures do you notice?
- What colors do you see in the soil layers?
- What about worms and other "below-ground livestock"?

"Those below-ground livestock need to be working for you just as hard as the ones above ground do," Norton says. "As you build organic matter, you should be able to see that top layer of soil get thicker and thicker and darker and darker as those organisms work that organic matter into the soil layers."

2. Probe deeper into your soil's status

While your observations are a critical starting point, the next tool will help collect a deeper understanding of your soil's status beyond what you can see. A soil probe will help you collect consistent samples for a more advanced biological soil test.

Traditional soil tests are used to make fertility recommendations for nitrogen, phosphorus and potassium needs and perhaps show pH or organic matter percentages. A biological test goes beyond those basics and evaluates how biologically active the soil is. The two most popular biological tests are the Haney and PLFA tests.

These tests can be time-intensive and costly (expect \$50-\$110 a piece), but they will yield an in-depth understanding of the biological activity of your soil and insight into what soil health improvements may be needed. Do your research and find a testing lab that will help walk you through the process and analyze results.

3. Analyze your grazing opportunity with a forage stick

A forage or grazing stick may look no more complicated than a typical yard stick, but it's actually loaded with information that uses plant leaf height measurements to help assess ground cover, forage density and dry-matter feed per acre. Again, the key is to use the tool consistently, write your observations down and then put the data to good use.

Forage sticks usually are calibrated to specific states or regions, so make sure to find one that matches your context. A local extension or USDA Natural Resources Conservation Service office will likely have recommendations for your region and should offer an advisory with helpful tips and formulas to make the best use of this tool.

4. Integrate livestock with adaptable tools

Whether you're integrating livestock onto your land for the first time to reap the soil health benefits of adaptive grazing management, or you're adjusting traditional, continuous grazing tactics for your herd, the most important tools will be those which allow you to be more responsive to environmental needs.

Norton suggests it's OK to start small, experiment with what works and see how you can get the job done before spending money on fancy wire rollers, a new ATV or ATV/tractor accessories. A basic wire reel, hammer, fiberglass posts and a portable solar fence charger will get the ball rolling.

"You can build a lot of simple fence without an ATV, without a tractor," Norton says. "Of course, those things are going to make life a lot easier, but you can do without while you get a system that works for you figured out."

At the Noble Ranches, we're experimenting with ways to make water more portable, too.

"Think first about your context and see what you already have and what you can make work," he says. A light trailer or old pickup bed box on wheels might make an easy platform to transport a tank from pasture to pasture.

5. Increase diversity of ideas with deep thinking

"It may sound menial, but the tools I use most in the field are my smartphone and my eyes," Norton says. Phone apps for plant identification can help quantify plant diversity; others might help calibrate a new no-till drill or calculate the carrying capacity of a pasture. Search for other ranchers who share a similar environment and seek out new ideas and demonstrations you can customize to your land and objectives.

Regenerative management requires deep observation, "and not just once in a while, or as you drive by at 40 miles per hour in the side-by-side. We've got to get down in the dirt and really see things, things like the progress of the dung beetles, how fast they're breaking down your manure pats, things like that. We've got to really get down close and get into it."

Then, the researcher says, assume the attitude of a student. "There's no shortage of information out there. You just have to study up on it."



FOOD HANDLERS CLASS

April 25 | 5:30-7:30pm | Chamber of Commerce

- Required for anyone selling certain foods at Farmer's Markets and all food service workers in Texas
- Accredited by the Texas Department of State Health Services
- Less than 2 hour class covering Food Safety practices, including:
 - Cross Contamination
 - Time and Temperature Abuse
 - Personal Hygiene
- \$20 Registration Fee

Register by April 18 (903) 693-0300 ext 160 or on our [website here!](#)

Panola County Farmers Market

INTERESTED? CONTACT US TODAY!
903-693-6634



All local and state regulations on eggs, processed / canned food must be followed. A Food Handlers Certification is required to sell certain items. Class information above!



DATES TBD



Panola County
CHAMBER OF COMMERCE
CARTHAGE CONVENTION/VISITORS BUREAU



Take your Diet to the Mediterranean

By Clarissa Moon

Fish instead of fried chicken, brown rice instead of a white bread roll, olive oil instead of butter. Easy food swaps like this put the heart-healthy power of the Mediterranean diet on your plate. One study showed that the Mediterranean eating pattern can reduce heart disease by 28-30%! Combine it with other lifestyle changes and you can reduce your risk of premature death by a whopping 80%. And that's just one study.

First of all, the Mediterranean diet (or eating pattern) doesn't restrict you to fish, olives, and hummus (thank goodness!). It's all about incorporating concepts from that eating pattern into your own current style. For example, getting more whole grains, omega-3 fatty acids, and lean protein.

So, how does it work? There are 4 ways that Med-style eating can help your heart.

- 1.Helps promote healthy cholesterol levels.
- 2.Enhances your body's ability to process and absorb blood sugar
- 3.Lowers inflammation which can lead to chronic conditions
- 4.Helps arteries stay flexible and resist plaque buildups.

At a recent conference, we heard from Dr. Tim Harlan, an MD specializing in Culinary Medicine. He said that patients who incorporated just a few changes from the Mediterranean Diet saw a vast improvement

in health. Here's what he has to say about us Westerners adopting concepts from the Mediterranean Eating Pattern: "Truthfully, the research simply looks at a style of eating. While the ingredients are important, how they are put together can very easily be translated to 'Western' tastes. This approach can be very beneficial for [anyone] looking to slim down due to health concerns such as diabetes, obesity, vascular disease, and gastrointestinal problems."

The Mediterranean style of eating can be characterized by 9 different components- vegetables, fruit and nuts, legumes, dairy, oils, cereals and grains, meats, fish, and

alcohol. These 9 components can be used to calculate a person's score on which the diet and research are based. According to a study cited by Harlan, even a small improvement of 2 points can lead to a 25% reduction in mortality from heart disease and cancers.

Take a look at the scoring and consider making some improvements in one or two categories, you may be pleasantly surprised at how easy it is and how good it makes you feel.

Give yourself 1 point for every Yes, 0 points for every No.

- 1.I eat at least 2 cups of vegetables every day.
- 2.I eat 2 or more pieces of fruit a day.
- 3.I eat 2 or more servings of whole grains a day.
- 4.I eat fish 2 or more times a week.
- 5.I eat beans or legumes 4 or more times a week.
- 6.I eat nuts or seeds almost every day.
- 7.I use olive oil as my main source of fat.
- 8.I drink a glass of red wine (but no more than 2) most days.
- 9.I eat red meat no more than once a week.

Scoring

- If you scored 8 or 9, your diet is highly consistent with the ideal Mediterranean diet pattern.
- If you scored 6-7, your diet has a lot in common with the ideal Mediterranean diet pattern.
- If you scored 4-5, your diet includes some elements of the ideal Mediterranean diet pattern.
- If you scored 0-3, your diet is not consistent with the ideal Mediterranean diet pattern.

References:

- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/take-your-diet-to-the-mediterranean>
- https://www.hcplive.com/view/the_mediterranean_diet_translated_for_you_and_your_patients
- <https://nutritionovereasy.com/2014/05/calculate-your-mediterranean-diet-score/#:~:text=Scoring,the%20ideal%20Mediterranean%20diet%20pattern.>

TEXAS A&M
AGRILIFE
EXTENSION



Eldercare Conference

May 6, 2023 9am-2pm

\$25

Gregg County Extension Auditorium
405 E. Marshall Ave.
Longview, TX

CONFERENCE HIGHLIGHTS

**Featured exhibitors
include:**



alzheimer's 
association®

and more!

Keynote Speaker: Suzanne Asaff Blankenship
Additional Topics: Caregiver Stress Management |
Understanding Dementia | Legal Considerations
Visit local service exhibitors
Lunch provided

Keynote Speaker:
Suzanne brings her experience to
audiences across the country as
a speaker, eldercare expert and
author of the award-winning
book *How To Take Care of Old
People Without Losing Your
Marbles.*



FOR MORE INFORMATION:

mandy.patrick@ag.tamu.edu
903-236-8429

Exercising With Chronic Conditions

By the National Institute on Aging



It's a common misconception that people with chronic conditions are frail and that exercise is too dangerous for them. However, the reality is that almost everyone, regardless of age or disease, can benefit from physical activity. In fact, being inactive can often make chronic conditions even worse. If you or someone you know has a chronic condition, read on for specific tips regarding exercise with your specific condition. -Clarissa

Almost anyone, at any age, can do some type of physical activity. You can still exercise even if you have a health condition like heart disease, arthritis, chronic pain, high blood pressure, or diabetes. In fact, physical activity may help. For most older adults, physical activities like brisk walking, riding a bike, swimming, weightlifting, and gardening are safe, especially if you build up slowly. You may want to talk with your doctor about how your health condition might affect your ability to be active.

Staying physically active: Alzheimer's disease and related dementias

Researchers are assessing the benefit of exercise to delay mild cognitive impairment (MCI) in older adults and to improve brain function in older adults who may be at risk for developing Alzheimer's disease. Older adults with MCI may be able to safely do more vigorous forms of exercise, similar to older adults without MCI, provided there are no other underlying health concerns.

Being active and getting exercise may help people with Alzheimer's or another dementia feel better and can help them maintain a healthy weight and have regular toilet and sleep habits. If you are a caregiver, you can exercise together to make it more fun.

Exercising with arthritis

For people with arthritis, exercise can reduce joint pain and stiffness. It can also help with losing weight, which reduces stress on the joints.

Flexibility exercises such as upper- and lower-body stretching and tai chi can help keep joints moving, relieve stiffness, and give you more freedom of movement for everyday activities.

Strengthening exercises, such as overhead arm raises, will help you maintain or add to your muscle strength to support and protect your joints.

Endurance exercises make the heart and arteries healthier and may lessen swelling in some joints. Try activities that don't require a lot of weight on your joints, such as swimming and biking.

If you have arthritis, you may need to avoid some types of activity when joints are swollen or inflamed. If you have pain in a specific joint area, for example, you may need to focus on another area for a day or two.

Physical activity and COPD (Chronic Obstructive Pulmonary Disease)

If you have COPD, talk with your healthcare provider or a pulmonary therapist to learn what he or she recommends. You may be able to learn some exercises to help your arms and legs get stronger and/or breathing exercises that strengthen the muscles needed for breathing.

Pulmonary rehabilitation is a program that helps you learn to exercise and manage your disease with physical activity and counseling. It can help you stay active and carry out your day-to-day tasks.

Exercising with type 2 diabetes

For people with diabetes, exercise and physical activity can help manage the disease and help you stay healthy longer. Walking and other forms of daily exercise can help improve glucose levels in older people with diabetes. Set a goal to be more active most days of the week, and create a plan for being physically active that fits into your life and that you can follow. Your healthcare team can help.

A few easy steps to be more active:

- Stretch during TV commercial breaks.
- Walk around when you talk on the phone.
- Take more steps by parking farther away from stores, movie theaters, or your office.

Exercise and heart health

Your heart keeps your body running. As you grow older, some changes in the heart and blood vessels are normal, but others are caused by disease. Choices you might make every day, such as eating healthy, maintaining a healthy weight, and aiming to be more physically active, can contribute to heart health. Inactive people are nearly

twice as likely to develop heart disease as those who are active. A lack of physical activity can worsen other heart disease risk factors as well, such as high blood cholesterol and triglyceride levels, high blood pressure, diabetes and prediabetes, and overweight and obesity. Being physically active is one of the most important things you can do to keep your heart healthy. Aim for at least 150 minutes of moderate-intensity aerobic activity a week.

Exercising with chronic pain

Most people living with chronic pain can exercise safely, and it can assist with pain management. In fact, being inactive can sometimes lead to a cycle of more pain and loss of function. Talk to your doctor about what exercises/activities might be right for you. Each type of exercise—endurance, strength, balance, and flexibility—has its own benefits, so a combination may be best.

Exercise can help you maintain a healthy body weight, which may relieve knee or hip pain. Putting on extra weight can slow healing and make some pain worse. Remember to listen to your body when exercising and participating in physical activities. Avoid over-exercising on “good days.” If you have pain, swelling, or inflammation in a specific joint area, you may need to focus on another area for a day or two. If something doesn’t feel right or hurts, seek medical advice right away.

Whole Wheat Pizza Dough

Ingredients

- 1 cup warm water
- 1 tsp dry active yeast
- 4 tsp honey
- 2 cups whole wheat flour
- 1/2 cup all purpose flour
- 1/2 tsp salt

www.drgourmet.com/recipes/extras/wholewheatdough.shtml

Servings: 4 | Serving size: enough dough for 4 individual pizzas



- Place the yeast and honey in a large mixing bowl and pour the heated water over the mixture, stirring until well blended. Let the mixture stand for about 5 - 7 minutes until foamy.
- Add the whole wheat flour, all purpose flour and salt and stir with a fork until a coarse dough forms.
- Continue to mix by hand until a dough ball forms and all the flour is well blended.
- Cover the bowl and place it in a sink with about 4 inches of hot water in the bottom. The heat from the warm water will help the dough rise. The dough will double in size in about 30 - 40 minutes. Punch it a few times with your fingers and let it rise another 30 minutes.
- Remove from the bowl and cut the ball into four equal pieces. Cover the dough that you are not going to use immediately in plastic wrap and chill.

Master of Memory



Register by May 8 (903) 693-0300 ext 160 or on our website

- *Understand how memory works*
- *Identify ways to improve memory*
- *Pinpoint things in everyday life that may affect memory.*

Thursdays • May 11, 18 & 25
Sammy Brown Library
10:30-12:00

Be Well, Live Well

Learn how to...

Reduce your risk for disease
Engage in a healthy lifestyle

April 5 & 12

10:00-12:00

Panola Senior Community
Meeting Room
101 Senior Ave, Carthage

Free to attend | Free Snacks | Gifts

Diabetes Support Group *Together Again*

2nd Wednesdays

10:00am

Sammy Brown Library

Starting:

May 10, 2023



SUMMER FISHING SKILL-A-THON

Registration Opens
APRIL 17

*Registration Closes May 21
Fish June 12-August 23*

Aim for the Game

The Ronald Barlow Memorial

3-D Archery Meet

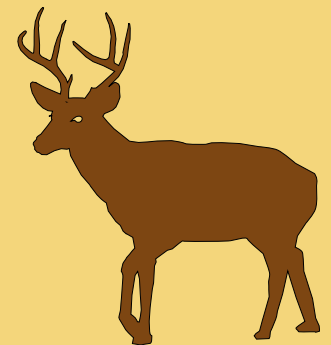
30 target match

May 6, 2023

Fairway Farms - San Augustine

\$35 per person

Registration closes April 18



Bow Classes:

- Barebow
- Recurve
- Compound Aided
- NASP Genesis Barebow

2023

Texas 4-H Roping School

June 18-22 - Stephenville, Tx - \$550 per participant



ONLY 50 SPOTS AVAILABLE!

This event has been developed to encourage young people in 4-H to develop leadership skills and to exercise their abilities in working with younger members in roping activities in 4-H.

For more information contact:

Jacklyn Jones Doyle at Jacklyn.Jones@ag.tamu.edu



Youth Agriculture Lifetime Leadership Experience

July 16-21, 2023



Experiences

- Beef Cattle
- College Tours
- Education
- Finance
- Horticulture
- Leadership
- Marketing
- Problem Solving
- And more!

Cost: \$200 per Participant

30 Participant Spots Available

Region: Panhandle

Eligibility: 10th-12th Graders

Timeframe: 6 days / 5 Nights



For Information or to Register Visit:

<https://gillespie.agrilife.org/yall/>

Questions?

Call: 830.257.6568 or 903.439.5935

Swine Validation

2023 State Fair of Texas / Heart of Texas



Attention all 4-H families, it is that time again to place Swine tag orders for the 2023 State Fair of Texas / Heart of Texas Stock Shows.. We are requesting that if you are planning on taking either a market barrow or breeding gilt to either of these stock shows, you have your tag orders and payment turned into eh Panola County AgriLife Extension Office no later than April 25th. Make checks payable to ALPA. And remember, we will not place an order until all tags are paid for in full.

Our validation date for those Market Barrows and Breeding gilts will be the evening of June 27th from 6 pm to 7 pm at the Panola County Expo Building.

2023-2024 Major Stock Show

Steer & Registered Heifer Validation

DEADLINE TO ORDER TAGS - APRIL 6

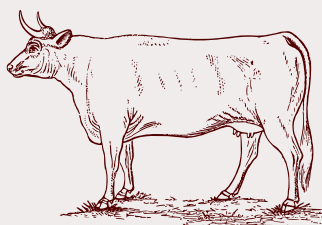
****NEW**** FOR 2023 all state validated heifers will be tagged similar to steers. This will bring our heifer validation program in line with breeding sheep, breeding goats, and breeding gilts. Please order tags accordingly. This is a change from the heifer UINs where you were charged based on animals validated, not ordered. COUNTY/CHAPTER WILL BE INVOICED AND CHARGED BASED ON NUMBER OF HEIFER TAGS ORDERED.

****NEW**** FOR 2023 both steers and heifers will be charged at \$25 per validation fee. This increase in cost is due to two factors we are facing this year. 1) In an effort to follow Texas Animal Health Commission, we are switching our previous EID frequency tags to 840 frequency EID tags. This will allow our state validated livestock to move in compliance with TAHC across state lines and comply when issues a Certificate of Veterinary Inspection (health papers). This is a move in a positive direction but does come at an increased cost. 2) Costs and fees have increased across the board, as well as expanding the services of the validation program to additional shows. That said, we must compensate accordingly to continue to provide educators, exhibitors, and their families the continued support, education, and consistency we have established. Please keep in mind the validation fee is not ONLY for the cost of the tag, but the entire validation SYSTEM that includes personnel, travel to livestock shows, a robust online database/maintenance, and our validation compliance team that helps ensure our rules and guidelines are enforced to ensure a fair and level playing field for Texas livestock exhibitors.



PINEYWOODS CATTLE CONFERENCE

May 5, 2023 | Nacogdoches
Fee: \$20
Call (936) 560-7711 to register



8am: Registration

8:30am: Welcome, introduce host ranch

8:45am: Lee Shoffner, Being in the cattle
business

9:15am: Fertilizer options and hay
consideration during a drought - Dr. Monty
Rouquette

10am: Controlling weeds in East Texas and new
Products - Patrick Sutton

11am: Putting farm raised beef in the freezer -
Dr. Dave Griffin

12pm: Lunch

1pm: Maintaining Spray equipment and new
products - Darren Rozell

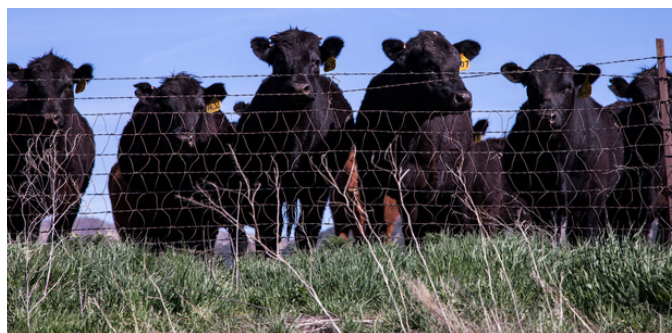
2pm: Adjourn

Agriculture Industry Meeting

April 6 | 7:00am | Expo Hall

Topic:
*Pasture Weed Identification
and Management*

1 General C.E.U



Thompson Feed Cattle Meeting

April 10, 2023 | 6-8pm | Expo

Are you cattle on a mineral program?
*Come discuss the benefits of a year
round mineral program for your herd!*

Guest Speakers:
Jenn Caldwell - Sales Specialist
Doug Hawkins, PhD - Expert Cattle Technical Specialist

Dinner Provided! Prizes! Special Mineral Discounts!

Mid-Sabine Cattleman's Conference

April 28, 2023 | 8:00am | Civic Center

Register at 903-693-0300 ext 160 by 4/21/2023 to guarantee lunch!

Today, technology is impacting all facets of cattle/forage operations. While change can be intimidating, particularly when it involves learning and adopting new technology, these solutions can create efficiencies and increase profitability. One such piece of technology includes drones, which are becoming more prevalent in the marketplace at all different price points and are relatively easy to learn how to operate. Drones can be equipped with sensors and cameras that can assist in everything from monitoring individual cattle health to locating an animal, checking fence lines or even the application of herbicides. Something of particular interest is the possibility of drones being useful for smaller operations where manpower and resources are limited.

It is easy to simply ignore new technologies and assume that the current way of doing things is sufficient, particularly when producers often learn their trade from the previous generation, however change can be a good thing to embrace. New technologies can allow fewer employees to be more productive and efficient and provide ranchers with valuable information about their herd. With the spirit of embracing the new, your Panola County Beef and Forage Programming Committee in partnership with the Panola and Harrison County AgriLife Extension Offices are excited to be hosting this year's 2023 Mid-Sabine Cattleman's Conference on April 28th, 8:00 a.m.- 3:00 p.m. at the Carthage Civic Center Conference Room, located at 1702 S Adams St, Carthage, TX. Where the theme of the day will be embracing the technology of today.

Topics for the program will include:

- 1) Managing soil nutrient levels and its impact on weed populations.
- 2) Incorporating technology into an Integrated Pest Management program for weed and brush control in grazing management.
- 3) Forestry Herbicide- "The Label, Prescriptions, and Decision Supporting Tools
- 4) Exploring new technologies available for herbicide applications with infuses on Drones and what they bring as a management option.
- 5) Importance of Managing Cattle Nutritional Needs.

Doors will open for registration at 8:00 am 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.





⚡ NEW 4-H CLUB ⚡

DeBerry 4-H Club

Information Meeting

April 20, 2023

Adult Leaders & Parent Association

ALPA Meeting

April 3 | 6:00pm | EXPO

We will be discussing the
Panola County Junior
Livestock Show
and the 4-H Banquet

District 5
Shooting Sports Rifle
3 Position
Smallbore Competition



April 29 | Groveton, TX | \$20

Register March 13 - April 11

info on District 5 Website



4-H

COOKIN' NIGHTS

2nd Thursday of each month

BEGINNING MAY 11

5:30PM

CENTRAL BAPTIST CHURCH

TOMATOES

Tomatoes are the most popular garden vegetable crop in Texas and can be cooked and used in many ways. They are popular in salads, sliced, and on sandwiches. They are a good source of Vitamin A and fair source of Vitamin C.

Grow it

Varieties

- Celebrity is the best overall round red variety, followed by BHN 968 as a cherry.

Soil Preparation

- Mix organic material into the top 4 to 6 inches of soil or incorporate it into the planting container.

Planting

- Buy healthy, green transplants that are 6 to 8 inches tall.
- Set out spring tomato plants after the danger of frost has passed or be prepared to cover them.
- For fall tomatoes, plant in the garden about 100 days before the first expected frost.
- Plant each transplant slightly deeper than it had been growing previously.

Fertilizing

- Fertilize every 3 to 4 weeks with 1 level tablespoon of 15-5-10 fertilizer.

Watering

- Water the tomato plants slowly and deeply to help them develop a strong root system.
- Do not let the tomatoes wilt severely as yields and fruit quality will be low.

Care during the Season

- Mulching will help stop weed growth and water loss from the soil.
- You can let tomatoes grow on the ground or support them with stakes or cages.
- Removing weeds from around your plants will help them stay healthy.

Harvesting

- Pick them when they are pink, let them ripen at room temperature. Once fully ripe they can be stored in the refrigerator.

Insects & Diseases

- If something does not look right with your plant, contact your county Extension agent for more information.
- The most common problems are typically late or early blight and tomato pinworms.

Buy it

- Choose tomatoes with bright, shiny skins and firm flesh.

Store it

- Store at room temperature away from direct sunlight, for use within 1 week after ripening.
- Tomatoes taste best if not refrigerated.
- Refrigerate only if you can't use them before they spoil.

Learn about it

- Until the 1800s, tomatoes were thought to be poisonous as they are in same plant family as nightshade.
- Tomatoes are free of fat, saturated fat, and cholesterol.
- They are low in sodium and calories while being a recommended source of Vitamins A and C and potassium.



6 hours



well drained soil



Rose Care and Fertilization

By Lee Dudley

Roses may be the flowers of love and romance, but there's nothing romantic about spindly canes sporting spider mites, beetles, and mildew instead of beautiful flowers. Just as romance sometimes needs a little help along the way, so do our roses. The bonus in keeping roses watered, fertilized, mulched, and pruned is that the resulting healthy plants are less susceptible to pest attack and provide a brilliant show of colors all season long.

There is perhaps less agreement about how, when and with what to feed roses than any other aspect of their care. If there is any recommendation resembling a consensus, it would be to feed the modern, repeat-bloom rose varieties first in the spring right after pruning. Next, feed when they have developed flower buds, and then again about two months before the first frost in your area. Gardens with fast-draining, sandy soil are usually fed more frequently.

Use a commercial rose food or a general-purpose fertilizer like 10-10-10 or 5-10-10 for the first two feedings. A formulation like 0-10-10 is best for the last feeding before frost to avoid a flush of new growth but allow development of roots.

Apply the rose food as well as the water-soluble and foliar fertilizers available according to the manufacturer's directions. Dry fertilizers should be scratched into the soil beneath the leaves - but not touching the canes or bud union - and then watered in.

Your feeding program, like your spraying, should be done regularly. Roses are heavy feeders. To keep them growing vigorously, an organized program should be followed. Water rose bed thoroughly before and after food has been applied.

With the introduction of timed-release fertilizers, a summer long feeding in one application is possible. These fertilizers are formulated to feed continuously for three to six months in our climate. Feed each average sized bush at least three or four ounces, working it lightly into the soil. Water thoroughly. If you don't care to use this type of product, continue feeding with a water-soluble food (twice a month), or a monthly application of dry food. As the weather becomes hot, you may want to switch to soluble fertilizers as they are more readily available to the plants. Iron chlorosis occurs at this time; Sprint 330 can correct this deficiency. After heavy rains, it is a good idea to give your bushes a supplemental liquid feeding.

Regarding spraying, prevention is critical in keeping your roses free of fungus and insect problems. A hit and miss program will get you and your roses into trouble. Basic spraying can be divided into three different phases. During the dog days of summer, if our weather is normally hot and dry, you can lengthen your spraying interval for fungus problems to every 10 to 14 days. Insecticides should be used sparingly. The biggest problem that may occur at this time is an infestation of spider mites. A good way to treat this problem is to apply a hard spray of water to the bottom of the foliage every three or four days throughout the summer. This will interrupt the mites' breeding cycle. Additionally, the bushes will benefit from the washing. A miticide such as Green Light Red Spider Spray may also be used. When spraying, it is very important to wear protective clothing; this should include a chemical spray mask, gloves, and a long-sleeved garment.

Using mulch, especially an organic one, is about the closest thing possible to a garden panacea. A mulch keeps weeds to a minimum, the soil moist and loose and adds nutrients.

Apply mulch in the spring just as the soil warms and before weeds start coming up. Mulch can also be applied anytime during the growing season if the weeds are removed, and the surface lightly cultivated. Spread 2 to 4 inches of mulch over the bed, leaving some space open around the base of each rose. Replace the mulch as it deteriorates during the year.

For organic mulches, you'll want to use whatever is locally available and cheap. Some options include wood chips and shavings, shredded bark, pine needles, or chopped oak leaves. Extra nitrogen fertilizer may be needed when these mulches are first applied. Mixtures of materials are usually more satisfactory as they have less tendency to pack down and, moreover, permit easy transmission of water and fertilizers. Many compost mixtures are available -- also a light layer of manure may be applied under the mulch.

Adequate soil moisture is indispensable to the vitality of roses. (For more information, see the American Rose Society: Watering) Seldom can you rely on the natural rainfall to be adequate. The rule-of-thumb is 1 inch of water each week, but the actual frequency of watering will depend on your soil and climate as well as the age of the plant.

The goal is to slowly water until the soil is soaked 12 to 18 inches deep. Soaker hoses or a hose with a bubbler attachment are inexpensive solutions and keep water from splashing onto foliage and spreading diseases. Soil-level and drip-irrigation systems are more expensive but make watering a breeze.

Pruning controls, the size and shape of roses and keeps the modern varieties blooming repeatedly all summer long, as they flower on new growth. The supplies you'll need include good, sharp, curved-edge pruning shears; long-handled lopping shears; a small pruning saw; plus, a pair of leather gardening gloves.

Well-established varieties of modern rose bushes such as hybrid teas, floribundas, and grandifloras should receive a major pruning each spring after the winter protection has been removed and just as the buds begin to swell (usually about when daffodils bloom). Harsh pruning makes bigger, but fewer blooms. And there is no report that anyone ever killed a plant with a pair of pruning shears.

All that's needed otherwise during the growing season is to remove and destroy any diseased foliage or canes and to dead head, or remove the faded flowers, cutting their stems just above the first leaf with five leaflets.

Most old-fashioned species roses as well as the climbers that bloom only once a year flower on wood from the previous year's growth. They are pruned right after flowering.

Practically all rose plants are budded on a special root, or understock. Occasionally you may find a sucker, or shoot, growing from this root stock itself. These sucker canes can usually be identified by the different leaf size and coloring. Remove sucker growth by cutting the canes off as close to the root stock trunk as possible.

For more information about rose gardening and care feel free to contact the Panola County AgriLife Extension office at (903)693-0300 Ext 161.



Horticulture in the Evening!

Fruit Trees and Berries in your Backyard

April 18, 2023 | 5:30-7:00pm | Sammy Brown Library



Timing on Weed Control is Critical

By: Dr. Vanessa Corriher-Olson - Forage Extension Specialist Texas A&M AgriLife Extension

Our human nature is to find a simple, one-time solution to our problems. Unfortunately, this simple, one-time solution does not exist for weed control in pastures and hay meadows. There are several factors that are important when it comes to weed control. These include:

Weed Identification: We cannot make the best management decisions if we don't even know what the plant is we are trying to eradicate. Identification will determine the timing of our herbicide application along with the herbicide we choose. There are a multitude of resources available to help with identification. County extension agents, extension specialist, websites (such as: <https://nobleapps.noble.org/plantimagegallery/>, <http://rangeplants.tamu.edu/>), books, etc. Identification is important since some herbicides are more effective on certain weed species than others. Correct identification of the target plant helps ensure the selection of the most effective herbicide as well as the most effective time of application.

Sprayer Calibration: Sprayer calibration is a critical step for a pesticide applicator in making sure the correct amount of pesticide is applied to the target site. Calibration is the process by which the amount of pesticide being applied per unit of area is determined. This step is most often skipped because we get in a hurry, we calibrated it once a long time ago (surely nothing has changed) or we forget. By skipping sprayer calibration, the applicator may be applying too much pesticide or not enough pesticide. If too little pesticide is applied, the pest may not be controlled. Using more product than label

directions recommend is illegal, may not control the pest effectively, may injure non-targets and may be hazardous to the environment. For a step-by-step guide to calibrating a sprayer see the following publication: [Sprayer Calibration](#).

Timing of Application: Once we have identified the weed, we can determine if the plant is an annual, biennial or perennial. Growth pattern will influence our timing to maximize control as well as reduce future populations. Annual plants, like wooly croton, complete their life cycle in one year/season. Ideal time to spray annual weeds with herbicide is when they are small and growing, well before they produce any flower or seed. Perennials complete their life cycle in multiple years/seasons. They often reproduce by seed and can regrow from root structures. An example of a perennial is blackberry/dewberry. Most perennials need to be sprayed with a herbicide at blooming or shortly thereafter. Identification will help determine the best time to be the most effective with given herbicides.

Follow the Label Directions: Strict adherence to label directions is required by law. Paying close attention to label directions will also ensure safe, effective, and economical use. Herbicide labels contain directions for proper rate and timing of application, a list of susceptible species, and information regarding cleanup and disposal following use.

Remember: The label is the law. Always read the pesticide label before using.



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