

June 2023

THE PANOLA EXTENSION

A Monthly Newsletter by the Panola County AgriLife Extension office



Panola County AgriLife Extension Service

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

UPCOMING EVENTS:

6/1: Farm Pond Field Day, 5:30pm, Deadwood Land and Cattle Company

6/2: 4-H Club Chartering Due

6/2: Master Gardeners meeting - Footsteps in the Sand Monument, 10am

6/3: Panola County Farmers Market. 8am. Chamber of Commerce, 300 W Panola

6/6: Senior 4-H Leadership Lab registration closes

6/6-7: Sewing Workshop, Davis Park, Carthage

6/8: 4-H Cookin' Night, 5:30, Central Baptist Church

6/9: Panola County 4-H Record Books Due

6/12: Texas 4-H Summer Fishing Skill-a-thon begins

6/14: Diabetes support group meeting, 10am, Sammy Brown Library

6/16: District 5 4-H Record Book Judging registration closes

6/22: Panola County Agriculture & Forestry Banquet, 12pm, Hall of Fame

6/23: District 5 4-H Record Book Upload deadline

7/4: Independence Day - Office Closed

7/6: Agriculture Industry Breakfast, 7:00am, Expo Hall

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- Keeping Eggs Safe with the Backyard Flock
- Summer Lawn Management
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- County Lamb/Goat & Steer Project Selection
- Ticks & Lyme Disease: Symptoms, Treatment, and Prevention
- 39th Annual Panola Agriculture and Forestry Appreciation Banquet
- 7 Ways to Enhance the Flavor of your Meals

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





Still Time to PLANT OKRA

By Greg Grant, Smith County Extension Agent

Hopefully, you grow a garden or know someone that does. Hot weather is on its way, but there's still time to plant Southern peas, sweet potatoes, and okra.

Okra is synonymous with Southern culture. The African name for okra was *gumbo* and subsequently gave us the name for the popular Creole soup that my Cajun wife can make blindfolded. I grew up with okra and like it raw, boiled, roasted, grilled, fried, stewed, and certainly in gumbo which my wife makes both with ("Aunt Eva's Okra Gumbo") and without ("Ville Platte Gumbo"). Lots of folks that don't like okra will eat it sprinkled with olive oil, seasoned salt, sea salt, or Tony Chachere's, and roasted in the oven at 400 degrees. Fried was my favorite growing up, because my mom could fry a shoe and make it edible.

Okra is a warm season plant that cannot tolerate frosts, freezes, or even cool nights. It thrives on heat so should be planted well after the last frost each year, generally April-May in East Texas, but as late as July 4. Okra is easily planted from seed. Soak it in warm water over night to speed up the germination process. Once the seedlings are established and about 6 inches tall, thin them to 12-18 inches apart. Occasionally okra transplants are available which can be planted at the same spacing.

Okra needs at least 8 hours of direct sun each day for maximum production. It isn't picky about soils if they drain well. Due to a susceptibility to root knot nematodes, it is best to avoid areas where this has been a problem in the past or where okra was planted the previous year. It is ideal to till in several inches of compost or organic matter and incorporate 2 pounds of a complete lawn fertilizer (15-5-10, 18-6-12, etc.) per 100 square foot of bed or every 35 feet of row before planting. For small plantings use 2 teaspoons per square foot or foot of row. The ideal soil pH for growing okra is 6.0-7.0

Okra can be planted on flat ground, in raised beds, or rows. The rows should be 6-8 inches high, 24 inches wide, and 36-48 inches apart. Using the corner of a hoe or a stick, open a trench $\frac{1}{2}$ - $\frac{3}{4}$ inch deep and plant the okra seed at a rate of 4-5 per foot of row. Cover the seed lightly with well cultivated soil and gently tamp down with the back of the hoe to conserve moisture and ensure good seed to soil contact.

Okra is easy to grow and relatively pest-free, however there are a few potential problems including nematodes and fire ants. First ants can inflict damage to the blooms, young pods, and your hands. Treat the base of the plants and the mounds with an appropriately labeled pesticide when they occur. After thinning, lightly sidedress them with a high nitrogen fertilizer, such as 21-0-0. I also use chicken litter from my flock.

Okra pods should be harvested when they are 3-5 inches long and tender. Sometimes they will snap from the plant, but I usually use a pair of hand pruners. Okra foliage irritates some gardener's skin, including mine, so you might want to wear a long sleeve shirt. Okra needs to be harvested every other day to keep producing well. If the pods are left on the plant until they get tough and the seeds plump up, the entire plant will stop producing.

All okra varieties do well in East Texas. When the plants get too tall to pick, I cut the top of the middle stalk which makes the plant branch from below at lower heights and increases production. Okra is native to Africa.

Greg Grant is the Smith County horticulturist for the Texas A&M AgriLife Extension Service. He is author of *Texas Fruit and Vegetable Gardening*, *Heirloom Gardening in the South*, and *The Rose Rustlers*. You can read his "Greg's Ramblings" blog at arborgate.com and read his "In Greg's Garden" in each issue of Texas Gardener magazine (texasgardener.com). More science-based lawn and gardening information from the Texas A&M AgriLife Extension Service can be found at aggieturf.tamu.edu and aggie-horticulture.tamu.edu.

Keeping

Eggs Safe

with the

Backyard Flock

By: Lee Dudley – CEA Ag & NR Panola County



Each day, more residents of Panola County are starting their own backyard chicken flock as a source for fresh eggs as well as meat. For the purposes of this article, we are going to focus on the egg side of backyard chickens, specifically the steps each homeowner should take to keep them and their loved ones safe while handling, storing, and even selling fresh eggs from our backyard chicken flocks.

According to the Poultry Science Department of Texas A&M University, backyard egg producers may sell their eggs under certain conditions set by the Texas Department of Agriculture (TDA) and the Texas Department of State Health Services (DSHS). Producers selling eggs from their own flocks to the end customer must obtain a permit from DSHS or their local health department. If you sell at a farmers' market, you must meet all the requirements set by the state and other local governments. Producers selling eggs also need to obtain a Food Handler's Card by attending a 2 hour online or in-person class.

Always, store eggs at 45°F or lower. Producers must label their egg cartons "Ungraded" followed by Produced by [producer's name], along with the producer's address in legible, printed, boldface type. Cartons must include a Safe Handling Instructions statement inside the lid or on the principal display panel (the part of a label that is most likely to be displayed or examined under customary conditions of display for retail sale) or information panel (any panel next to the principal display panel): "SAFE HANDLING INSTRUCTIONS: To prevent illness from bacteria: keep eggs refrigerated, cook eggs until yolks are firm, and cook foods containing eggs thoroughly". If this statement appears inside the lid, the words "Keep Refrigerated" must appear on the principal display panel or information panel.

Now that we have gone over a portion of the requirements needed to sell backyard eggs, let us look at safe handling procedures to reduce the risk of you or anyone in your family as well as anyone you sell eggs to of getting sick. Chickens are chickens so no matter what best management practices you have in place, a small percentage of eggs collected will be dirty. Dirty eggs covered with bacteria can cause spoilage or illness if bacteria is allowed to enter the egg. To help reduce this risk, washing eggs properly minimizes the chances of bacteria penetrating the shell. Always remember that careless washing can cause more damage than just leaving the dirt on the shell. Take steps to ensure that your eggs are safe to consume and of the highest quality:

- Strive to collect eggs at least twice a day, around mid-morning and again in the evening.
- Always keep nesting boxes clean. A Clean nest results in cleaner eggs.
- Wash eggs after each collection using water that is no lower than 90 degrees Fahrenheit. Using a wash solution that is colder than the egg causes the egg content to contract and draw in polluted water through the shell.
- If using a detergent, remember to select one that is odorless, so it will not transfer foreign odors to the egg.
- After washing the eggs, rinse them with a warm water spray containing an approved chemical sanitizer. The water should be slightly warmer than the wash water.

- After washing eggs, it is critical to dry and cool as soon as possible to prevent recontamination.
- Store cleaned eggs at 45 degrees Fahrenheit or colder with small ends down. Storing eggs in a refrigerator helps preserve the internal quality and reduces the potential for bacterial growth.



Recommended cooking practices:

Texas A&M Poultry Science Department recommends that consumers should store their eggs in the refrigerator until used. Never eat raw eggs. The U.S. Department of Agriculture recommends that all eggs and egg dishes should be cooked until the yolks are firm or to a minimum internal temperature of 160°F. Use a food thermometer to measure the temperature. When preparing recipes that call for raw or undercooked eggs, use pasteurized eggs or egg products.

For additional information pertaining to this or any other topic contact your Panola County AgriLife Extension Agents at (903)693-0300 Ext: 161 or 217.

Panola County Farmers Market

JUNE 3, 2023 | 8AM-12PM

Chamber of Commerce | 300 W. Panola

VENDOR SIGN UP:

www.form.jotform.com/221676687094166?fbclid=IwAR2NMVAnR8FU8Z8JM07DIA3S6D9cw7SiKxdTbbXu9d_W_BVzjAhk0ut1eE

Prize Drawings: 9am, 10am, 11am, 12noon




FOR MORE INFORMATION
CALL 903-693-6634

MASTER GARDENERS MEETING

June 2 - 10am

Footprints in the Sand Monument

We will be cleaning up flowerbeds.

Bring your favorite gardening tools and plan to work 1-2 hours!





Summer Lawn Management

By: Lee Dudley – CEA Ag & NR Panola County

As we enter the transition from spring to summer, we notice yearly during this time that our yards seem to grow overnight, requiring frequent mowing. You'll notice that across the county, the best lawns are those that are mowed regularly. Mowing often enough, reduces the clippings we leave allowing them to decompose and return to the lawn. A general rule of thumb is not to remove more than $\frac{1}{3}$ of the length of the blades per mowing. To achieve this, we might have to mow every 5 or 6 days instead of once a week. The reason for the $\frac{1}{3}$ rule, is that studies have proven that removal of more than $\frac{1}{3}$ is stressful on the lawns and tends to leave visible clippings on tops of the grass.

In addition to regular mowing, it is crucial that we pay attention to our soil moisture levels. As we go deeper into the summer months, rainfall traditionally becomes less regular. For our yards to maintain a great color and health appearance, it is critical that we increase our irrigation practices. Typically, lawns require one inch of water per week to maintain a good growth rate and color. The application of this one inch can be done in one or more applications, depending on your soil type, as well as how hot and dry the weather has been. Sandy soils require more frequent watering as compared to clay soils. Likewise, newly established lawns require more frequent watering to insure a good establishment.

As the days continue to warm up, we need to keep an eye out for those pesky lawn pests. Insects such as chinch bugs that multiply rapidly in the warmer weather, feeding on grasses such as St. Augustine causing it to appear drought stressed. Treatment for chinch bugs is not required until symptoms first appear, which can be noticed by looking for wilted grass that is not responding to your irrigation practices. When areas like the previous described are noticed, start looking for tiny, $\frac{1}{6}$ to $\frac{1}{5}$ -inch bugs on the grass blades as well as down in the thatch. Flooding the perimeter area with water, or soaking the edges with soapy water, will drive the bugs up from the thatch onto the blades making them easier to see. Damage from chinch bugs usually occurs during the hottest driest parts of our lawns.

Another insect that can cause problems from June through August are white grubs. Treatment for these insects is again only if you have them in the turf and determining this can be done by digging a few test areas and looking for the small grubs in the soil. Not all lawns will have grubs and excessive use of pesticides can lead to other turf problems, so it is always better to check first than automatically treat.

If you have any question pertaining to this topic or any others, contact Lee Dudley at the Texas AgriLife Extension Office at (903)693-0300 Ext. 160.

Panola County

Agriculture Industry Breakfast

July 6, 2023 | 7:00am | CEU: IPM

Topic: Forage Pest Management





BURRITO BOWLS WITH CHICKEN

www.oldwayspt.org/recipes/burrito-bowls-chicken

INGREDIENTS

- 1 cup quinoa, uncooked
- 2 cups vegetable broth, low sodium
- 1 (15 ounce) can black beans
- 1 cup finely chopped pineapple
- 1 jalapeno pepper, seeded and finely chopped
- 1 finely chopped red onion, divided
- ¼ cup chopped cilantro, plus more for garnish
- Juice of 1 lime
- 1 tablespoon olive oil
- 1 green bell pepper, cut into ½-inch dice
- 1 red bell pepper, cut into ½-inch dice
- ½ teaspoon chili powder
- ¼ teaspoon paprika
- 1 cup diced cooked chicken breast
- 2 cups spinach, cut into strips
- 1 avocado
- ½ cup plain nonfat Greek yogurt, for garnish

Burrito bowls are a perfect way to combine your favorite grains, vegetables, fruits, legumes, and meat into one mouthwatering dish. This version tops a serving of nutritious quinoa with a mix of sweet, savory, and spicy flavors. This meal is quick to prepare and easy to adjust to individual tastes.

INSTRUCTIONS

- Add the quinoa and vegetable broth to a medium pot and bring to a boil. Then, reduce heat to a simmer, and let cook, covered for 12-15 minutes, until all of the liquid is absorbed, and the quinoa shows its curly "tail".
- Drain and rinse black beans and warm over the stove, on low, with a few tablespoons of water or broth.
- While the beans are warming, add the pineapple, jalapeno, ¼ cup of the red onion, cilantro, and lime juice to a small mixing bowl, and stir to combine.
- In a medium skillet, heat the olive oil over medium heat. Add the bell peppers, remaining red onion, chili powder, and paprika and cook until onions become translucent, and peppers are tender (about 5 minutes), stirring occasionally.
- To create your burrito bowl, ladle about a half cup of quinoa in a bowl and top with black beans, sautéed peppers and onions, chicken, spinach strips, avocado slices, and pineapple salsa. Garnish with a dollop of Greek yogurt (as desired).



County Lamb/Goat & Steer Project Selection

By: Lee Dudley – CEA Ag & NR Panola County

Panola County 4-H members and families, with June now upon us, and the school year behind us, it is hard to imagine that it will not be long until we begin a new 4-H year. As you read this, across the state, 4-H and FFA families are putting the miles on their vehicles in search of that next grand champion. If you are wanting to have that competitor's edge in the show ring next fall, winter, and spring, getting out on the road and looking now is key. The selection process is the most crucial decision one must make. The type of lamb, goat, or steer you select will have a major influence on the success of the project. However, remember that a winning project is a combination of selection, nutritional management, exercise, grooming and finally outstanding showmanship.

Everybody differs in their ability to select animals, while some have what is called the natural eye for the selection process, that is being able to determine a high caliber animal, others might not be able to develop this ability. Never hesitate to ask for assistance from your local extension agent or club leaders during this or any other phase of the project's life. Additionally, many breeders are more than willing to assist in the initial selection of a desirable show project, as well as providing help along through the feeding period.

In looking at the selection of lambs, goats, or steers keep in mind wool length and hair growth along with fat thickness. If possible, select your next project whether it be a lamb, goat, or steer after shearing or at least some

selecting clipping. Young market animals that are bloomy and fat always look good while young market animals that are thin do not. Learn to look past the fat or thinness and recognize muscle so that you can pick the genetically superior animal. Other factors to consider during the selection process include structural correctness, which I fill is the most critical aspect to look for. If an animal cannot walk it will not show good in the end. Additional areas of critical importance are observing the volume and capacity, style and balance, and growth potential of your next market animal project. Information to help in these areas can be found in your local 4-H office by contacting your local AgriLife Extension office at (903)693-0300 Ext 161.

Lamb, goat, and steer projects for the up-and-coming show season both major and local shows should be found as soon as possible to help ensure the best quality. Waiting until late August or early September, most of the time the best animals have already been picked. If anybody needs assistance during the selection process or any other time during the feeding period, feel free to contact me Lee Dudley at (903)693-0300 Ext 161. If we in the AgriLife Extension Office do not hear from you, then we do not know if you need help.



2023 PCJLS 4-H EXHIBITOR CHECKS

By now you should have your check stub. **If you don't - reach out to us!**

Use this list to write **THANK YOU** letters to your buyer(s) and people who added money.

Thank you letters must be handwritten and turned into the Extension office with a stamp before you can receive your check!

Extension Office Hours:
Monday - Friday 8:00-5:00
Closed 12:00-1:00 for lunch



4-H COOKIN' NIGHTS

2nd Thursday of each month
June 8, 2023
5:30pm
Central Baptist Church

Panola County 4-H Record Book *Judging*

Due June 9, 2023

Email pdf to: lani.west@ag.tamu.edu

Use the forms on the [Texas 4-H website](#)
to complete your book!

We do not need a physical book!

District 5

Record Book Judging:

PDF form - No Physical Book

Register by: June 16

Upload by: June 23

Judging: July 5&6





**YEARS
PREVENTING
WILDFIRES**



Smokey Bear Poster Contest

Texas A&M Forest Service presents Smokey Bear Poster Contest for Texas Students

ANNOUNCEMENT

Students from Kindergarten through 12th grade are invited to participate in a Smokey Bear Poster contest to help us celebrate his 80th birthday. Students will have the opportunity to demonstrate their understanding of wildfire prevention through their original artwork of Smokey Bear. **Poster winners will be showcased in the 2024 Smokey Bear Birthday Calendar!**

Smokey Bear is nationally recognized as the symbol for wildfire prevention. The original Smokey Bear appeared in 1944. His message of "Only you can prevent wildfires!" encourages personal responsibility for wildfire prevention since nine out of ten wildfires are caused by people. Smokey Bear uses five rules to teach children and adults to be careful with campfires, outdoor debris burning, and matches.

Texas communities have been impacted by wildfires every year. People and their activities account for 90% of wildfires in Texas with the most common preventable cause being careless debris burning. Other causes include welding and other equipment use, vehicles, discarding smoking materials, and arson. Entries should feature wildfire prevention for issues seen in Texas.

The Poster Contest includes six divisions
Division 1: Kindergarten through 2nd grade
Division 2: 3rd through 5th grade
Division 3: 6th through 8th grade
Division 4: 9th through 12th grade
Division 5: Special education
Division 6: Computer-assisted design (CAD)

Two winners will be chosen from each division with each winner being showcased in the 2024 Smokey Bear 80th Birthday Calendar.

RULES

- All posters must include Smokey Bear's likeness and a wildfire prevention message.
- Smokey Bear must be presented in his correct colors and attire because he is a national icon protected by federal law.
- Posters will be completed on 8x11 paper. The paper color and texture is up to the artist.
- Posters must be completed by student artists.
- For divisions 1-5, no three-dimensional posters will be accepted. Art materials used can include crayons, markers, poster paints, watercolors or other similar mediums.
- **Posters will be judged based on overall design, message effectiveness, artwork, and originality.**
- All poster entries must be submitted by a recognized Texas school or a youth organization.
- Required information must be on the back of the poster.
- Mail posters flat (not folded) in a 9x12 envelope to
Texas A&M Forest Service
481 Texas Forest Service Loop, Building A467
Lufkin TX 75904.
- Postmark deadline for mailed entries is September 15, 2023.
- Computer Assisted Design (CAD) entries in jpg or pdf file types should be emailed to tfsprevention@tfs.tamu.edu by 5:00PM CST September 15, 2023. Enter "Smokey Bear Poster Contest" in the subject line and enter all required information in the message of the email with file attached.
- Submitted entries, paper and digital, become property of Texas A&M Forest Service and will not be returned to participants.



TICKS & LYME DISEASE:

Symptoms, Treatment, and Prevention

Tick-borne diseases, such as Lyme disease, are on the rise in people and dogs. Reported cases in people in the U.S. increased from about 12,000 annually in 1995 to approximately 35,000 in 2019, according to the Centers for Disease Control and Prevention. However, not all diagnosed cases are reported and the CDC believes the true number of human infections is likely closer to 476,000 per year.

The U.S. Food and Drug Administration regulates products that are used to help prevent, diagnose, and treat this complex disease.

Who Gets Lyme Disease, What Time of Year?

Lyme disease is a bacterial infection most commonly transmitted via the bite of infected ticks, which attach to any part of the body.

The CDC recommends you check your dog daily, especially after they spend time outdoors. Pay particular attention to the collar area and around the eyelids, ears, tail, under the front legs, and between the back legs and toes.

On people, you will most often find ticks in moist or hairy areas such as the groin, armpits, scalp, and other hard-to-see areas of the body. And while everyone is susceptible to tick bites, campers, hikers, and people who work in gardens and other woody, and brushy areas with high grass and leaf litter, are at the greatest risk of tick bites. As many a suburban gardener can attest, with the expansion of the suburbs and a push to conserve wooded areas, deer populations are thriving. Deer are important sources of blood for ticks and are important to tick survival and movement to new areas, increasing the contact between people and ticks that carry the bacteria. Read more about the lifecycle of the bacteria and how it is transmitted to people and dogs.

In most cases, a tick must be attached for 36 to 48 hours or more before the Lyme disease bacterium can be transmitted. If you remove it within 24 hours, the risk is greatly reduced. Symptoms of Lyme disease may take 3-30 days or longer to appear.

In the majority of cases, tick bites are reported in the summer months when ticks are most active and people spend more time outdoors. But this can extend into the warmer months of early autumn, or even late winter if temperatures are unusually high. Similarly, a mild winter can allow ticks and other insects to thrive and emerge earlier than usual.

Lyme Disease in People

What can I do to prevent Lyme disease?

- Avoid wooded, brushy, and grassy areas, especially during warmer months (April – September), although tick exposure can occur anytime.
- Wear light-colored clothing so that you can see ticks that get on you.
- Treat clothing and gear with products containing 0.5% permethrin.
- Apply insect repellents on uncovered skin, and ensure the products are registered by the Environmental Protection Agency.
- Wear long pants and long-sleeved shirts, and shoes that cover the entire foot.
- Tuck pant legs into socks or shoes, and tuck shirts into pants.
- Wear a hat for extra protection.
- Walk in the center of trails to avoid brush and grass.
- Remove your clothing after being outdoors, and wash and dry them at high temperatures.
- Do a careful body check for ticks after outdoor activities.

There are no licensed vaccines available in the U.S. to aid in the prevention of Lyme disease in people.

Symptoms and Stages

Symptoms of early-stage Lyme disease include:

- muscle and joint aches
- headache
- fever
- chills
- fatigue
- swollen lymph nodes

Another common symptom of Lyme disease is a rash (referred to as “Erythema migrans”). As many as 80% of infected people may develop a rash, however the characteristic “bull's-eye” rash appears only 20% of the time.

Later-stage symptoms may not appear until weeks or months after a tick bite. They include:

- irregular heartbeat and/or heart palpitations
- arthritis (usually seen as pain and swelling in large joints, especially the knee)
- nervous system abnormalities

When left untreated, the bacterial infection can spread to joints, the heart, and the nervous system and cause permanent damage. Lyme disease is rarely fatal.

However, if not treated properly, Lyme disease can become a chronic illness where symptoms might continue for weeks, months, or even years after the initial tick bite.

Lyme Disease in Dogs

Dogs can get Lyme disease, too. Typical symptoms in dogs include swollen joints and lameness, fever, and loss of appetite. Experts in the FDA’s Center for Veterinary Medicine say dogs with Lyme disease occasionally develop serious kidney disease that can be fatal.

There are ways you can reduce your dog’s risk for tick bites and Lyme disease, which also reduces the risk of infection for you.

- Regularly check your dog for ticks.
- Avoid allowing your dog to roam in tick-infested areas.
- Treat your dog year-round with topical, oral and/or collar tick products. Talk to your veterinarian about which product is best for your dog.

Lyme disease occurs much less frequently in cats than in dogs, and cats’ susceptibility to the disease continues to be the subject of research. However, the same precautions for dogs apply to cats, especially if your cat goes outside, because ticks on cats can be transferred to people and ticks carry other diseases besides Lyme disease that are harmful to cats.

There are several FDA-approved products that treat and control tick infestations. A couple of tick products are also approved in dogs to specifically prevent infections with the bacteria that causes Lyme disease by killing the ticks that carry the bacteria.

Lyme disease vaccines are available for dogs, but not for cats. Talk to your veterinarian to see if vaccination is appropriate for your dog.

Lyme Disease Tests and Treatment

If you think you or your dog may have Lyme disease, contact your physician or veterinarian right away.

Your doctor or veterinarian may test for Lyme disease, and/or they may immediately begin antibiotic treatment, depending on the symptoms you or your dog exhibit.

Most blood tests check for the antibodies produced by the body to fight Lyme disease. CDC experts report it may take several weeks after a tick bite for initial antibodies to develop. Because of this, the blood tests may not be accurate if done soon after a tick bite.

For this reason, your doctor or veterinarian may recommend treatment with antibiotics before the diagnostic tests are complete. According to the CDC and other experts, people treated with appropriate antibiotics in the early stages of Lyme disease usually recover rapidly and completely.

In dogs, the more subtle early stages of Lyme disease often go unnoticed. Even if your dog appears healthy, your veterinarian may recommend yearly screening for Lyme disease, especially if you live in an area where Lyme disease is common. If your dog’s blood test is positive, your veterinarian may recommend additional testing, such as a urinalysis.

39th Annual

Panola Agriculture & Forestry

Appreciation Banquet



June 22 • Noon • Texas Country Music Hall of Fame

It's that time of year, when the agriculture community of Panola County comes together to recognize our area outstanding producers in the different fields of Agriculture. The Annual Panola County Agriculture and Forestry Appreciation Banquet is scheduled for Thursday, June 22 at the Texas Country Music Hall of Fame. Doors will open at 11:00 am and lunch will be served sharply at Noon with commencement of the awards program shortly after. During the awards portion of the program, representatives from the Panola County Soil and Water Conservation District along with Farm Service Agency, and Texas Forest Service will recognize the years outstanding producers for the following categories: Conservation Rancher, Outstanding Woodland Conservationist, the Joyce Wedgeworth Outstanding Woman in Agriculture,

and USDA Producer of the Year. Additionally, the governing body annually selects one resident to receive with the Memorial Bill Whitaker Community Service to Agriculture Award. This award is always given to an individual that has demonstrated exemplary dedication to his or her community throughout their life.

The annual event is sponsored by the USDA Farm Service Agency, USDA Natural Resources Conservation Service, Panola Soil and Water Conservation District, Texas A&M AgriLife Extension Service and the Texas Forest Service and would not be possible from our numerous contributors who will be recognized during the banquet. This event is open to all the public and all community civic groups of Panola County are invited to attend.

Diabetes

Support Group
Together Again

JUNE 14, 2023

2nd Wednesdays • 10:00am

Sammy Brown Library

Panola Soil Water Conservation District

FARM POND FIELD DAY

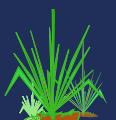
Thursday, June 1 • 5:30pm

Deadwood Land and Cattle Company

1056 CR 445 • Carthage, TX 75633

*Pond Management and Health Strategies
to Recover from Drought*

Pond Weed Identification
and Water Sample Test
will be conducted on site!





7 Ways

TO ENHANCE THE FLAVOR OF YOUR MEALS

www.eatright.org/food/food-preparation/cooking-tips/enhancing-the-flavor-of-your-meals

Cooking at home can be healthy, rewarding and cost-effective. The foods you enjoy are likely the ones you eat the most often, so make flavor a priority when preparing nutritious, satisfying meals.

To maximize the flavor and nutrition of a food, start with high-quality ingredients, like tender cuts of meat, fresh fruit that's free of bruises, and frozen vegetables that are free of ice chunks. It's also important to handle and store foods properly. Poor storage can destroy the flavor and quality of food.

Overcooking can also destroy flavor and nutrients. Try gentle cooking techniques like steaming to help retain nutrients, flavor, color.

Try these seven simple techniques to enhance the flavors of food.

- Intensify the flavors of meat, poultry and fish with high-heat cooking techniques such as pan-searing, grilling or broiling, which help to brown meat and add flavor. Just don't overcook, burn or char meat.

Roast veggies in a very hot (450°F) oven or grill for a sweet, smoky flavor. Before popping them into the oven, brush or spray lightly with an oil that has a high smoke point and sprinkle with herbs.

Caramelize sliced onions to bring out their natural sweetness by cooking them slowly over low heat in a bit of oil. Use them to make a rich, dark sauce for meat or poultry.

Pep it up with peppers! Use red, green and yellow peppers of all varieties — sweet, hot and dried. Or, add a dash of hot pepper sauce.

Add a tangy taste with citrus juice or grated citrus peel: lemon, lime or orange. Acidic ingredients help lift and balance flavor.

Use small amounts of ingredients with bold flavors such as pomegranate seeds, chipotle pepper or cilantro.

Give a flavor burst with condiments such as horseradish, flavored mustard, chutney, wasabi, bean purees, tapenade and salsas of all kinds.



— THE PANOLA EXTENSION —

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