



WINTER 2023

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...
CHEROKEE GO AGRILIFE NEWS

Save the Date!

**SEED SWAP
FEBRUARY
3RD**

Cherokee County Courthouse Annex

165 East 6th Street in Rusk

8:30 am to 1:00 pm

Please bring your clearly labeled seeds, transplants, roots or bulbs if you have extra to share.



4-H Headlines



Kaitlyn Slover, Cherokee CEA-4-H/YD

kaitlyn.slover@ag.tamu.edu

Happy new year!

The second half of the 4-H year is underway and we have lots of events ahead of us. From livestock shows, county and district contests, to graduation and State Roundup, our members are going to be busy. Don't forget to check emails and follow the Cherokee County 4-H page for updates and reminders!

Kaitlyn Slover

APRIL 14 - 15, 2023



COME ALIVE IN DISTRICT 5



**CROSS BRAND COWBOY CHURCH
11915 FM 2015 • TYLER**

REGISTER AT 4HONLINE

**FEB 1 - MAR 21 \$15
LATE MARCH 22-24 \$30
FEES ARE PER PERSON PER CONTEST**

QUESTIONS?

**CONTACT YOUR LOCAL
COUNTY EXTENSION AGENT
MUST QUALIFY AT COUNTY
LEVEL TO PARTICIPATE**

COMPLETE GUIDELINES AT [HTTPS://D54-H.TAMU.EDU](https://D54-H.TAMU.EDU)



RECORD BOOK WORKSHOP!

**5:15-6:15 PM AT THE COUNTY EXTENSION OFFICE
165 E 6TH STREET, RUSK, TX
MAKE SURE TO BRING YOUR LAPTOP!!**

February 6

(Record book Basics)
(Charting in Sections I-VII)
(4-H Story)

Wondering what a 4-H
record book is?



May 22

(Rough Drafts Due)

June 28

(Final RB's Due)

Want help with your
2022-2023 record book?

**MUST RSVP to the County Extension Office if you plan on attending!
Must have 5 in attendance for workshop to be held.
kaitlyn.slover@ag.tamu.edu 903-683-5416**

District 5 Food Show Results

Junior

- 3rd Place - Kensley Stewart - Appetizer
- 1st Place - Avery Reuter - Healthy Dessert

Intermediate

- 5th Place - Emely Porras - Appetizer
- 5th Place - Cody Reuter - Main Dish
- 2nd Place - Keelee Wilcox - Side Dish
- 5th Place - Bryan Martinez - Healthy Dessert

Senior

- 3rd Place - Berenice Aguilar - Appetizer
- 6th Place - Karem Aguilar - Main Dish
- 3rd Place - Shelby Gray - Side Dish

Cherokee County Junior Livestock Show

Early February: Broilers will arrive at County Extension Office for pickup.
Date will be announced and emailed to exhibitors.

February 11: Deadline for rabbit, horticulture, ag mechanics, photography and baked goods.



February 18, 2023 VALIDATION DATE @ Show Barn, 8:00 AM – 10:00 AM
for ALL Rabbit Meat Pen entries. All rabbits will be validated and tattooed.
**All projects must be in the daily care of exhibitors upon the completion
of validation**

4-H County Roundup



March 13, County Extension Office

Information and entry forms will be available soon.



You must compete at County Roundup in order to qualify for
District Roundup - Come Alive in D5

Project Updates



1/30 Food Challenge Practice
2/5 Livestock Judging Practice



Scholarships

Texas 4-H Opportunity Scholarship

Due Online February 15, 11:59pm

For details and application visit: texas4-H.tamu.edu

Cherokee County Junior Livestock Show

Due February 17

for details and application visit: cherokeecountyexpo.org

Cherokee County TEEA

Due February 15

Application and Record Book due to Cherokee County Extension Office



Aaron Low • Cherokee CEA-Ag/NR • arlow@ag.tamu.edu

Breakfast CEU Series

Those in need of CEUs for their TDA Pesticide License can join us each month for our Breakfast CEU Meetings. Each meeting will be a “Dutch treat” breakfast and those in attendance will receive one hour of pesticide CEU credit.

There will be a one-time \$10 fee for attending the yearlong Breakfast CEU Series.

The following dates, times and locations have been set. **(Please note the 7 a.m. start time for the Alto meetings.)**

January 17th	6:30 a.m.	Cherokee Co Ext Office, Rusk	Brush Control (Cherokee Rose, Blackberry & More) (1 Gen)
February 21st	7:00 a.m.	Miss Mollie’s Diner, Alto	Hog Control Technology (1 IPM)
March 21st	6:30 a.m.	Beverly’s Café, Jacksonville	Common Herbicides Used for Warm Season Weeds (1 Gen)
April 18th	6:30 a.m.	Cherokee Co Ext Office, Rusk	Integrated Pest Management of Armyworms & Grasshoppers (1 IPM)
May 16th	7:00 a.m.	Miss Mollie’s Diner, Alto	Calibrating Your Sprayer (1 Gen)
June 20th	6:30 a.m.	Beverly’s Café, Jacksonville	Integrated Pest Management of External Parasites of Livestock (1 IPM)
NO JULY MEETING			
August 15th	6:30 a.m.	Cherokee Co Ext Office, Rusk	Managing Your Spray Records (1 Laws & Regs)
Sept 19th	7:00 a.m.	Miss Mollie’s Diner, Alto	Winterizing Your Spray Equipment (1 Gen)
Oct 24th	6:30 a.m.	Beverly’s Café, Jacksonville	Using Pre-Emergent Herbicides (1 Gen)
Nov 21st	6:30 a.m.	Cherokee Co Ext Office, Rusk	Importance of Proper Use of Adjuvants & Surfactants (1 Gen)
Dec 19th	7:00 a.m.	Miss Mollie’s Diner, Alto	Understanding the Label (1 Laws & Regs)

The Texas A&M Forest Service—Jacksonville District has scheduled a seedling giveaway at First Baptist Church of Rusk for Friday, February 10 at 10:30 am. They’ll be giving away containerized pine and hardwood seedlings.

Please note if there is a funeral at FBC on the day of the event, they’ll move to the Rusk Church of Christ as a backup.

Free Tree Giveaway

Friday, February 10, 2023
10:30am - 4:00pm
First Baptist Church - Rusk*
372 E 4th Street | Rusk

Varieties will include: Containerized Pine and Hardwood Seedlings

More Info? 903.586.7545 or email Jason Ellis
at jellis@tfs.tamu.edu

*Rusk Church of Christ will be a backup location



FOREST PEST SEMINAR

February 10, 2023

8:00 - 3:30

Lufkin Convention Center
601 N 2nd St, Lufkin, TX 75901

Pre-Register by February 6, 2023

\$60 per participant

\$250 per vendor

Continuing Education Units:

Wildlife Society: 5

CEUs ISA: 4.75 CEUs

SAF: 5.5 Category 1 CFEs

ProLogger: 5.5 CEUs

Texas Accredited Forester: 5.5 CEUs

Texas Department of Agriculture: 5 CEUs

ONLINE REGISTRATION AVAILABLE

SCAN QR CODE



Vendors



Participants

PROVISIONS FOR THE AMERICAN DISABILITY ACT WILL BE CONSIDERED WHEN PLANNING EDUCATIONAL PROGRAMS AND ACTIVITIES. PLEASE NOTIFY THE ANGELINA COUNTY EXTENSION OFFICE AT 936.634.6414 BY FEB 3, 2023 IF YOU PLAN ON ATTENDING THIS PROGRAM AND NEED SPECIALIZED SERVICES. EDUCATIONAL PROGRAMS TO SERVE PEOPLE OF ALL AGES REGARDLESS OF SOCIO-ECONOMIC LEVEL, RACE, SEX, RELIGION, DISABILITY OR NATIONAL ORIGIN. THE AGRILIFE EXTENSION SERVICE, TEXAS A&M UNIVERSITY SYSTEM, U.S. DEPARTMENT OF AGRICULTURE AND THE COUNTY COMMISSIONERS' COURT OF TEXAS COOPERATING.



Garden of Learning

Cherokee County Horticulture Newsletter

Kimberly Benton, County Extension Agent—Horticulture
kim.benton@ag.tamu.edu

TEXAS A&M
AGRILIFE
 EXTENSION

Digging Deeper Into Gardening

Feb 27 6:30pm	Rainwater Harvesting, Building a Container; Other Drought Concerns
March 20 6:30pm	Weeds and Soil Nutrient Deficiencies; Foraging or Elimination
April 17 6:30pm	Landscaping with Natives; Border Plantings and Pollinators
July 16 2pm	Seed Saving—Hands-on Fun
Sept 18 6:30pm	Juicy News on Pre-Planting and Who Needs a Pollinator; Focus on Blueberries and Other East Texas Gems
Oct 16 6:30pm	Fall Fun—Wildflowers (when and how to plant) Amaryllis, Poinsettias, and Christmas Cactus.
Nov 20 6:30pm	Pruning: When, How, and Why

Programs will be held in person at the **Annex Building, 165 E 6th St, Rusk Texas** but will also be available via zoom (except seed saving—no zoom for it). To register each month for the zoom, please click here: <https://agrilife.zoom.us/meeting/register/tJEkcumgpzwoGdwpWR4zzarADnsC-JsoVxIL>

Prior zoom recordings are available on YouTube at: <https://www.youtube.com/channel/UCjtLDiejSMklRiygECJiLig>

Prepping your garden for January and February growing season:

- Don't fertilize newly set out trees or shrubs until after they have started to grow, and then only very lightly, the first year.
- When buying plants, the biggest is not always the best, especially with bare-rooted plants. The medium to small sized (4 to 6 feet) usually become established faster and will become effective in the landscape more quickly than the large sizes.
- Complete the bare-root planting of woody landscape plants this month. Container and ball-and-burlapped plants are in good supply and can be set out most any time. Winter and early spring planting provides an opportunity for good establishment before hot weather comes.
- Now is an excellent time to select and plant container-grown roses to fill in bare spots in your rose garden.
- Wait until after they finish flowering before pruning spring-flowering shrubs such as quince, azalea, forsythia and spiraea.
- A potted plant, tree, shrub, or cut flowers make excellent Valentine gifts for loved ones and shut-ins.
- Plant gladiolus corms; space planting dates at two-week intervals to extend flowering season.
- Fertilize pansies once again for continued flowering. Don't forget to water when needed.

Life is full of holding on and letting go. The plants themselves show us with petals, leaves, and seeds.

Should It Stay or Should It Go?

To prune or not to prune, that is the question. At least for people with freeze damage it is. Our freeze at the end of December may have been more damaging because the plants did not have a chance to acclimatize and become dormant. Because of that, the damage may look worse than it actually is.

The best advice would be to wait to prune until you know what parts of the plant have truly been killed. For long term residents in your landscape like crape myrtles and azaleas, you should wait until you see new growth emerging before putting the loppers to work. You will begin to see buds swelling and active growth as the winter slides into early spring.

For those of us with roses, the new growth is obvious now, and the dead branches can be clearly seen. Go ahead and remove dead limbs. Use sharp snips or loppers and make a clean, angled cut. Normal time for trimming roses is mid-February, and the living tissue is already pushing leaves to unfurl. All of the new leaves will be susceptible to freeze damage, but if the rose is healthy, it will continue to refoliate any damaged leaves.

In many cases, you might have damaged stems that still have one or two buds swelling and showing life. In that case, you can choose to leave the stem and let it grow, trimming only the obviously dead area with no live buds, or you can go ahead and just trim the limb so that the energy goes only to the strong healthy limbs.

In the pictures below, you see some illustrations of post-freeze damage and growth.



Severely damaged canes

Healthy undamaged cane with strong new leaf growth.

Damaged cane with some living tissue and buds swelling



Cold damaged leaves are still attached, but will soon be pushed out by new leaves unfurling from the leaf buds.



Some people may be concerned when they see new leaves that are red or bronze on the roses, thinking it might be rose rosette disease, but many roses naturally have red and bronze new growth naturally.

Upcoming CCMGA Events:

Feb 3: Cherokee County Seed Swap (the first Friday in February, annually)

March 25: Master Gardener Spring Conference

April 22: Spring Plant Sale

Sept 23: Fall Plant Sale

Oct 21—Nov 4: Scarecrow Trail

Cherokee County Master Gardener Association meetings are the 2nd Monday of every month, 9:30am, at First United Methodist Church in Jacksonville. Those meetings are open to the public and you are welcome to come by and say hello.



Stephanie "Amy" Walley

Cherokee Family & Community Health Agent

stephanie.walley@ag.tamu.edu



"Making small lifestyle changes can make a big difference in your health and wellbeing" says Dr. Sumathi Venkatesh, a Health Specialist with Texas A&M AgriLife Extension Service. **Eat healthy foods** – Eat plenty of fruits and vegetables every day. Your diet should consist of about 2.5 cups of vegetables and 2 cups of fruits, which can be in fresh, frozen, canned, and dried forms. Include a variety of protein foods and replace butter with heart-healthy oils. Intentionally buy and include more whole grains and low-fat dairy products. Watch for your sodium intake. Let your salt intake not be more than a teaspoon a day. **Stay hydrated** – Set a goal to drink half a gallon of water per day. Drinking enough water is critical for maintaining strength and for preventing dehydration. Hydration is probably one of the key factors to maintain your physical and mental health. A general rule of thumb is to drink eight 8-oz. glasses of water per day. For those who are active you may need more water, especially before and after you exercise. **Be physically active** – Exercise has numerous health benefits by improving blood sugar, blood pressure, and blood cholesterol levels. Try getting 30 minutes of moderate to vigorous physical activity for at least five days a week. If you struggle with time, incorporate physical activities in your daily routine by washing your car or mowing the lawn.

Improve mental health – Managing stress and your emotional wellbeing is particularly important for good mental health. If you allow situations to overwhelm you, it may induce stress and may affect your daily activities. Practice mindfulness by having a non-judgmental attitude towards yourself and others. Adequate sleep is important to take care of your emotional wellbeing. Most adults need about 8 hours of sleep every day.

February is American Heart Health Month

Keeping your heart healthy is a vital part of living a healthy lifestyle. February is American Heart Health Month, a time for Americans to focus on cardiovascular disease and ways it can be prevented. This month, we are reminded to lower the risk of developing heart disease by making lifestyle changes this new year. Focus on choosing healthy foods, staying physically active, controlling cholesterol, blood pressure, stress, and limiting alcohol.



One of the best Valentine's Day gifts is a healthy heart. This year, gift a loved one the opportunity to learn new ways to love their heart. Texas A&M AgriLife Extension provides numerous online courses that cover topics, such as, health, nutrition, and wellness courses that focus on our bodies and lifestyles.

Heart to Heart Talk

February 21, 2023

11:45-12:30

ANNEX MEETING ROOM

Lunch provided please RSVP 903-683-5416

For more information contact Amy Walley Cherokee County Extension 903-683-5416

Fun In the Kitchen is a monthly program designed to help you learn with a hands-on approach how to prepare nutritional and well-balanced healthy meals while having fun in the kitchen.

Texas AgriLife Cherokee County has partnered with the Good Samaritan Food Panty and First Methodist Church in Rusk to bring you Fun in The Kitchen. We will explore the “Food Box”, experiment with recipes, increase your confidence in preparing new foods, understanding how important food is to your overall well-being.

See you in the kitchen!

Classes will begin February 16, 2023
 (Classes meet monthly on 3rd Thursdays)
 11:00 am—12:15pm
 United Methodist Church Fellowship Hall
 Rusk, TX
 Call 903-683-5416 to register

Quinoa Bowl with Chicken and Avocado Cream

- 1 1/2 cups red quinoa
- 1 cup fresh cilantro leaves and tender stems, finely chopped, plus 4 sprigs for garnish
- 2 scallions, thinly sliced
- 2 tablespoon olive oil
- Kosher salt
- 1 firm-ripe avocado, halved, pitted and cut into large chunks
- 1/4 cup sour cream
- 3 tablespoons grated Parmesan
- Juice of 1 lime, plus 1 lime, quartered
- Pinch cayenne pepper
- 1 cup frozen fire-roasted corn, thawed
- 2 cups shredded rotisserie chicken meat (from about 1/2 chicken; about 3/4 pound)
- 2 cups tortilla chips, crushed
- 1 cup store-bought or homemade black bean salsa
- 1/4 cup roasted and salted pepita



Directions

1. Make the quinoa: Bring the quinoa and 2 1/2 cups water to a boil in a large saucepan over medium-high heat. Cover, reduce the heat to medium-low and gently simmer until the quinoa is tender (the little tails will pop out) and most of the water is absorbed, 20 to 25 minutes Drain off any excess water. Stir in the chopped cilantro, scallions, oil and 1/2 teaspoon salt. Serve warm or at room temperature. (The quinoa can be cooked, cooled and refrigerated, covered, for up to 2 days. Microwave just enough to take the chill off, about 2 minutes, stirring about halfway through.)
2. Make the avocado cream: While the quinoa cooks, process or blend the avocado, sour cream, Parmesan, lime juice, 1 tablespoon water, cayenne and 3/4 teaspoon salt in a food processor or blender until smooth and creamy.
3. If the corn still has a chill, microwave it for about 1 minute.
4. Build the bowls: Divide the quinoa evenly among 4 bowls. Top each with neat piles and/or rows of chicken, tortilla chips, corn, salsa and pepitas. Top with some sauce, a sprig of cilantro and a lime quarter.



Calendar of Events

January

- 2 CEO Closed—New Year’s Day Holiday
- 13 East Region AgriLife Conference & Expo, Cros Brand Cowboy Church—Tyler
- 16 CEO Closed—MLK Day
- 17 Breakfast CEU Series, County Extension Office—Rusk
- 19 TEEA Chili Luncheon & Dessert Bake-off, CEO—Rusk
- 30 4-H Food Challenge Practice
- 31 Master Gardener Training Orientation, CEO—Rusk

February

- 3 Annual Seed Swap—Cherokee County Extension Office
- 5 4-H Livestock Judging Practice
- 6 4-H Recordbook Workshop—CEO, Rusk
- 10 Tree Giveaway—First Baptist Church, Rusk
- 10 Forest Pest Seminar—Lufkin Convention Center, Lufkin
- 11 CCJLS Entry Deadline: Rabbits, Horticulture, Ag Mech, Baked Goods & Photography
- 16 Fun in the Kitchen—First United Methodist Church Fellowship Hall, Rusk
- 18 CCJLS Rabbit Validation
- 20 CEO Closed—Presidents Day
- 21 Breakfast CEU Series—Miss Mollie’s Diner, Alto
- 21 Heart to Heart Talk, CEO
- 27 Rainwater Harvesting, Building a Container; Other Drought Concerns, CEO or Zoom

March

- 13 County 4-H Roundup
- 16 Fun in the Kitchen—First United Methodist Church Fellowship Hall, Rusk
- 20 Weeds and Soil Nutrient Deficiencies; Foraging or Elimination, CEO or Zoom
- 21 Breakfast CEU Series, Beverly’s Café, Jacksonville
- 25 CCMGA Spring Conference, TBA
- 29—April 1 2023 CCJLS, Cherokee Co Expo, Jacksonville

Cherokee County Texas A&M AgriLife Extension Office | PO Drawer B | 165 East 6th Street #104 | Rusk, TX 75785
903.683.5416 | cherokee.agrilife.org | facebook.com/cherokeecotext

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FRUIT GRAFTING & BUDDING WORKSHOP



FRIDAY, APRIL 21, 2023 | 9AM - 3PM
CHEROKEE CO EXPO | 611 SE LOOP 456 | JACKSONVILLE

This hands-on workshop will provide a thorough understanding of the art and science behind this form of propagation. Attendees will be able to take home several grafted fruit trees!

Training will include detailed demonstration and hands-on practice. Participants are asked to bring their own pruners & grafting knife if possible.

Techniques Include: Cleft & Bark Graft, T-Bud, Chip-Bud and More!

SPACE IS LIMITED TO 30 PARTICIPANTS!
REGISTRATION \$40 WITH LUNCH PROVIDED



TEXAS A&M
AGRILIFE
EXTENSION

PRE-REGISTER BY CALLING 903.683.5416

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2023 CHEROKEE COUNTY JUNIOR LIVESTOCK SHOW JUDGING SCHEDULE

JUDGING TIMES SUBJECT TO CHANGE
SEE CCJLS RULES FOR FULL SCHEDULE

WEDNESDAY

March 29

- 9:30AM PHOTOGRAPHY
- 9:30AM BAKED GOODS
- 10:30AM MEAT PEN RABBITS (IN PENS)
- 11:00AM HORTICULTURE
- 3:00PM EXCEPTIONAL KIDS LIVESTOCK SHOW
- 4:00PM BREEDING RABBITS & SHOWMANSHIP WITH MEAT PEN RESULTS FOLLOWING

THURSDAY

March 30

- 8:00AM SWINE
- 11:00AM POULTRY
- 12:00PM LUNCH
- 2:00PM DAIRY

FRIDAY

March 31

- 8:00AM HORSES
- 8:00AM AG MECH (RESULTS FOLLOWING BEEF SHOW)
- 10:00AM GOATS WITH LAMBS FOLLOWING
- 11:00AM LUNCH
- 12:00PM PEN OF COMMERCIAL HEIFERS
- 1:00PM BEEF

SATURDAY

April 1

- 9:00AM LIVESTOCK JUDGING CONTEST
- 12-3:00PM LUNCH
- 1:00PM QUEEN'S CONTEST
- 2:30PM AWARDS
- 3:00PM LIVESTOCK SALE THEN AG MECH



CCJLS EXCEPTIONAL KIDS
"LIVESTOCK SHOW"
MARCH 29, 2023
3:00 PM

More Info





CHEROKEE COUNTY EXTENSION SERVICE
P.O. DRAWER B
RUSK, TEXAS 75785

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