

THE Tyler County AGENTS' ADVICE

UPCOMING EVENTS:

April

- April 9th - CPR Training- 9 am Extension Office
- April 13th – District Round Up Entries due
- April 18th - Soil Drive Program 6:00pm
- April 21st- Tyler County Fair Steer Weight in 5:00pm Woodville Ag Shop
- April 26th - Bee Keepers Association Meeting 6:00pm Nutrition Center Rm C
- April 29th-30th –District Round Up Contest @ SFA Nacogdoches.

May

- May 3rd - Breakfast CEU's at 7 am – Agrilife Extension Office
- May 6th - Tyler County Health Fair (7am-1pm) Tyler County Hospital
- May 13th - 11th Annual Multi-County Beef and Forage Workshop Series-Segment 1 Corrigan
- May 24th - Bee Keepers Association Meeting 6:00pm Nutrition Center Rm C



Right now, as our plants are greening up and enjoying the wet March we experienced, it's hard to think about a dry spell. While we can't necessarily predict exactly what kind of summer we are going to have, it is safe to bet that at some point our lawns and gardens are going to not get enough rainfall to fill their water needs.

There are things we can do to make sure that we are maximizing our water usage. One of the biggest things that affect water usage is soil type and knowing your soil type helps to tell you how you should water. Soil type affects the amount of water a lawn needs. Of the three typical soil types (clay, loam, and sand), clay soil retains the most water and thus needs watering less often. However, because water seeps into clay soil more slowly, it must be applied at lower rates over a longer period of time. Sandy soil retains less water than clay

soil, but less water is needed to properly wet sandy soil. Therefore, watering sandy soil takes less time than watering clay soil but must be done more frequently. Loam soil lies between clay and sandy soil in its ability to hold water. Loam retains a moderate amount of water following irrigation and requires a moderate amount of water. In addition to knowing your soil type, there are some actual practices that you can use to maximize water usage.

The way you care for your lawn affects the amount of water it will need. You can conserve water by properly fertilizing, mowing, and controlling thatch. A good fertilization program provides essential nutrients in the amounts needed by the grass. Proper fertilization promotes healthy plant shoot and root development. The deeper a plant's root system, the better able it is to use water held deep within the soil, reducing the need for supplemental watering. Too much fertilizer, especially nitrogen, may encourage shoot growth but hinder the development of hardy roots. Nutrient deficiencies are

just as bad because they stunt roots and shoots and make the turf more vulnerable to disease, insects, weeds and drought.

To determine how often to mow, use the "onethird" rule no more than one-third of the leaf area should be cut at any one time. Frequent mowing produces thicker, denser turf. The denser the grass, the less water will evaporate from the soil. Also, dense turf is more able to resist weeds.

Thatch, the layer of non-decomposed organic matter found between the soil surface and the base of the leaves, can slow water movement into the soil and cause run-off. Thatch accumulates because of heavy fertilization, improper mowing, and overwatering. Topdressing, vertical mowing (dethatching) and aerification can help control thatch development.



Tyler County Extension Agents



Kelly Jobe, Family & Consumer Science
 Jacob Spivey, Agriculture/Natural Resource

What's in Season? Radishes

For more information on SNAP-Ed, contact your local county Extension office. Better Living for Texans is located in over 200 counties across the state.

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While many vegetables have been pushed on us at the dinner table since we were kids, you don't often hear anyone say, "Eat your radishes, dear". We tend to eat radishes raw, but cooked, they take on a whole new delicious flavor! As a cruciferous vegetable like broccoli, radishes have a host of health benefits, but are typically under-appreciated. However, for both their health benefits and amazing array of flavors, radishes top the list of food to start paying more attention to and eating on a daily basis. Especially in the spring and early summer when they grow locally and can be picked at their height of freshness and flavor, radishes should be a staple item on your menu. There are many varieties of radishes that are grown in our area. The best and most popular are: Cherry Belle, Globemaster, Scarlet Globe, Summer Cross. Beyond the natural

zing and satisfying crunch they provide, there are many reasons to say "....." "Eat your radishes!"

- 1. Sooth sore throats**-Their pungent flavor and natural spice can help eliminate excess mucus in the body and can be especially helpful when fighting a cold. Radishes can help clear the sinuses and soothe sore throats too.
- 2. Aids digestion**-Radishes are a natural cleansing agent for the digestive system, helping to break down and eliminate stagnant food and toxins built up over time.
- 3. Prevents viral Infections**- Because of their high vitamin C content and natural cleansing effects, regular consumption of radishes can help prevent viral infections.
- 4. Eliminates toxins**- Radishes are said to have effective toxin-purging effects, helping break down and eliminate toxins and cancer-causing free radicals in the body.
- 5. Protects against cancer**-As a cruciferous vegetable, radishes contain

phytonutrients, fiber, vitamins and minerals that are cancer protecting.

- 6. Relieves indigestion**-Radishes have a calming effect on the digestive system and can help relieve bloating and indigestion.
- 7. Low in calories, high in nutrients**-With a very low calorie count, less than 20 calories per cup, radishes are a great way to add nutrients, fiber and tons of flavor to your meals without compromising your health.
- 8. Keeps you hydrated**-With a high water content and lots of vitamin C as well as phosphorus and zinc, radishes are a nourishing food for the tissues and can help keep your body hydrated and your skin looking fresh and healthy all summer long!



Monthly Recipe: Garlic Roasted Radishes

Ingredients

- 2 1/4 pounds radishes trimmed and quartered
- 1 large sweet onion, quartered
- 3 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Prep Time: 10 mins Cook time: 30 mins



Nutritional Information per Serving:
 calories:108.4 fat:8.26g
 carbohydrates:8.22g protein: 1.25

Directions:

Preheat the oven to 425*. Wash trim and quarter radishes. Peel and quarter onion. Place in a large bowl. Add olive oil, garlic powder, salt and pepper. Toss to evenly coat onion and radishes. Place on a 15x10 inch baking pan. Bake uncovered for 30 minutes, stirring once. Makes 5 servings.



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Rethink Your Drink!

We sometimes forget to look at liquids when evaluating our diets. Liquid calories can add up fast! Simply replacing some of the beverages with water or a lower calorie option would drastically reduce your intake of empty calories.

Food For Thought

This one small dietary choice, could help you lose up to **1pound per week!**



Picture courtesy of extension.org