

THE Tyler County AGENTS' ADVICE

UPCOMING EVENTS:

August

August 9-11th - 4H Sewing Workshop
 9:30—12:30pm (\$10 registration fee)

August 15th - 4H Awards Banquet 6:00pm
 Nutrition Center

August 17th - Rabbit Meat Pen Entries due
 for Tyler County Fair to Extension office
 by 4:30pm

August 18th - Wildlife Program 6:00pm
 Nutrition Center

August 22nd - FCS Coalition Meeting
 noon at Extension Office

August 22nd - First Day of School

September

Sept. 1st - Tyler County Fair Entries due
 for: Beef Heifers, Bulls and Dairy Heifers
 to Extension Office by 4:30pm

Sept. 5th - Labor Day - County Holiday -
 Extension Office Closed

Sept. 23rd - Tyler County Women's
 Conference 8:30-3:00pm Wesley Hall -
 Woodville Methodist Church

Sept. 24th - Childcare Conference -
 Registration 7:30 Conf. 8-2pm Jasper
 County Court House

Tyler County Extension Agents



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

Bermuda Grass Stem Maggot makes its move into Texas



The Bermuda grass stem maggot is a new pest of Bermuda grass forage in Texas has been reported in multiple counties for 2016 so far. The Bermuda grass stem maggot is native to south Asia (from Japan westward to Pakistan) and was first reported in the United States in Georgia in 2010. This pest only infests Bermuda grass and star grass (*Cynodon* spp.). The fly (yellow with black head) lays its eggs within the stem of the Bermuda grass plant. Once the egg hatches the larva, or maggot, (white with black head, 1/8" – 3/16" long) moves to the last plant node and consumes the plant material within the stem. This stem damage results in the death of the top two to three leaves while the rest of the plant remains green. This gives a

stand of Bermuda grass the appearance of frost damage. The amount of damage seems to be dependent on growing conditions as well as the point during regrowth when the flies lay their eggs. If there are good growing conditions with good soil fertility and moisture the loss seems to have minimal impact on dry matter yield. However, if forage production is limited by poor soil fertility and dry soil conditions more damage can result. The shoot stops elongating as a result of the insects damage. In response the plant may grow another shoot from a lower node of the damaged shoot. This new shoot can also be attacked by later generations of the Bermuda grass stem maggot.

Most producers will typically see the resulting damage before finding the pest. Producers are less likely to see damage in a grazing pasture since livestock will keep forage grazed down. Management recommendations for hay meadow damage are to harvest hay as soon as possible to reduce the yield impact. If damage is found within 1 week of the normal harvest stage, proceed to harvest the crop as soon as weather conditions allow. Once the damage becomes apparent, the crop is unlikely to add a significant amount of yield. If damage is observed within 1 to 3 weeks after a harvest, it is also likely

that the crop will not add a significant amount of yield. The damaged crop should be cut and baled and removed from the field as soon as weather conditions allow. Leaving the damaged crop in the field will only compete with any attempts by the plant to regrow and decrease the opportunity that the next cutting will have to accumulate dry matter.

A foliar application of any pyrethroid insecticide labeled for Bermuda grass can control the Bermuda grass stem maggot. However, guidelines on the economic return on controlling this new pest and timing of and frequency of insecticide treatments have not been clearly defined



Damage from Bermuda Grass Stem Maggot

What's in Season? Eggplant

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.

Texas A&M AgriLife Extension Service and Better Living for Texans programs are available to all without discrimination.

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. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating



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When most people think of eggplant, they think of a large purple egg. However, eggplants actually come in a variety of shapes and colors. No matter which shape or color you choose, they all contain many beneficial nutrients that benefit human health. The fiber, potassium, vitamin C and vitamin B-6 content found in eggplants all support heart health. It is suggested that eating at least 3 servings of vegetables per week, including eggplant, that contain the flavonoids known as anthocyanins play a major role in lowering the risk of cardiovascular disease by 34%. Eggplant is also known for exhibiting anti-cancer effects. The antioxidant compounds they contain help protect body cells from damage caused by free radicals and in turn help prevent tumor growth and invasion and spread of cancer cells. They also stimulate detoxifying enzymes with cells and promote cancer cell death.

You can easily incorporate eggplant into your diet. Although it is available at your market year-round, eggplant is at its peak from July to October. When picking the perfect eggplant, choose ones that are firm and somewhat heavy for their size. Avoid eggplants that appear withered, bruised or discolored. The skin should be smooth and glossy with an intense purple hue. Eggplants should be stored in the refrigerator until ready for consumption, and the skin should be left intact to prevent them from perishing too quickly. In order to draw out some of the compounds contributing to the eggplant's bitter taste, and to make the flesh more tender, you can "sweat" the eggplant by cutting it into slices and then sprinkling them with salt. Let the salted pieces sit for about 30 minutes, moisture will be drawn out and will leave the eggplant more tender, less bitter and overall more palatable.



It will also make the pieces less prone to absorbing oil used when cooking. Then, simply rinse the eggplant after the process is complete in order to remove most of the salt.

Eggplants have a slightly bitter flavor and spongy texture, making them unique and interesting additions to many dishes. They can be prepared whole, cubed, or sliced and can be fried, grilled, baked, roasted or steamed.

No matter how you choose to prepare this beautiful vegetable, you and your family will be glad you did!

Monthly Recipe: Summer Chicken and Eggplant Pasta

Ingredients:

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| 1 eggplant, cut into ½ in thick slices | favorite grill seasoning |
| 2 -4oz. chicken breasts | 2 tsp. olive oil |
| 1 zucchini, cut into strips | salt and pepper |
| 1 yellow squash, cut into strips | 5 Tbsp. Italian dressing |
| 1 cup grape or cherry tomatoes | 8-10 fresh basil leaves, thinly sliced |
| 6 oz. angel hair pasta, cooked and drained | |



479 calorie, 10.75 g sugar, 15.6 g fat, 67 g carb, 29.45 g protein

Directions:

Lay eggplant slices on a cooling rack. Generously salt each side and let sit for 10 mins. Blot excess moisture and salt off the top with a paper towel. Brush each side with olive oil and season with pepper. Spray chicken breasts with non-stick spray and season each side with grill seasoning. Place zucchini, squash and tomatoes in a large bowl and toss with 2 tsp. olive oil and 2 tsp grill seasoning. Heat a grill pan to medium-high heat and spray with non-stick spray. Grill the chicken until cooked through, about 4 mins per side. Grill the eggplant slices until tender, about 3 mins per side. Grill squash, zucchini and tomatoes together until tender, tossing often, for about 5 minutes. Cut grilled chicken and eggplant into bite-sized pieces. In a large bowl, toss warm pasta with 3 Tbsp. Italian dressing. Divide pasta among plates and top with chicken and veggies. Drizzle with the remaining Italian dressing, and sprinkle with fresh basil. Makes 4 servings.

Some of the uses for Sheet Pans include:

Most common sided sheet pans are: Half sheet- 18x13 and Quarter sheet- 9x13

TOOL TIP

- Baking cookies, scones, muffins, etc.;
- Toasting nuts and coconut;
- Roasting meats, seafood, and vegetables;
- Prepping ingredients before cooking;
- As drip trays for raw meats/seafood in the refrigerator to prevent cross-contamination;
- To transfer items to as they are cooked, such as steaks off the grill, a roast from the roasting pan, fish fillets from the skillet, etc.;
- As liners for baking casseroles or ramekins, to prevent drips as well as providing extra insulation to prevent scorched bottoms; and
- To lay out items to freeze individually before transferring to freezer-proof containers

