

THE Tyler County AGENTS' ADVICE

UPCOMING EVENTS:

October

October 5th-8th – Tyler County Fair

October 8th - One Day 4H – 8am Tyler County Fair Grounds

October 10th- Columbus Day-County Holiday-Offices Closed

October 13th- Walk Across Texas Kick Off Court House Lawn 5:00pm

October 18th- Hay Show, Nutrition Center 6:30pm

October 19th- Resource Fair/Fall Festival Head Start 5-7pm

October 24th- County Wide 4H Meeting, 6:00pm Room C Nutrition Center

October 25th- Bee Keepers Association Meeting 6:00pm Room C Nutrition Center

November

November 1st- Breakfast CEU's 7am Extension Office

November 11th-13th – 4H Junior Leader Retreat @Texas 4H Conference Center

November 17th- Winter Supplementation Program 6:00pm Nutrition Center

November 22nd-Bee Keepers Association Meeting- 6pm Room C Nutrition Center

November 24th-27th – Thanksgiving Holidays – County Offices will be Closed

November 28th- County Wide 4H Meeting, 6:00pm Room C Nutrition Center

Tyler County Extension Agents



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

Turf Grass Issues Arise for the homeowner

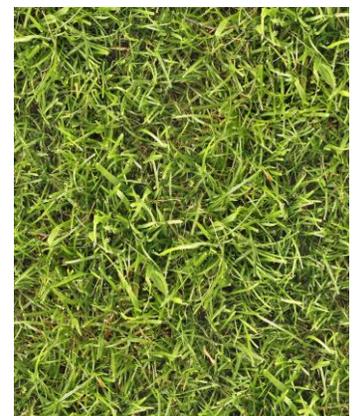


Lawns are thinning, showing brown spots and showing other signs of pests and disease. Many diseases such as gray leaf spot and root rot, as well as pests such as chinch bugs, armyworms and white grubs could be causing problems for homeowner lawns. Lawns like a lot of agricultural products can be adversely affected by stress, which we have seen a lot of this year as we have gone back and forth between extreme wet and dry conditions through the last several months. The key is to diagnose the problem correctly and as early as possible, said Dr. Casey Reynolds, AgriLife Extension turfgrass specialist. Reynolds said most pest or disease problems for turfgrass are easy to remedy once the cause is determined. "There are a lot of that could be affecting turfgrass this time of year," Reynolds said. "People are seeing damaged areas in their lawns and wanting to know what they can

do. It could be anything from drought to gray leaf spot, large patch or armyworms, or it could be something simpler such as too much shade. The first step is making an accurate diagnosis." Making an accurate diagnosis requires identifying what type of grass is in the yard, because St. Augustine faces different threats than Bermuda grass, Reynolds said. Bermuda grass is a favorite for fall armyworms, and St. Augustine is susceptible to large patch, a fungus that results in patches of brown grass in the fall that can remain through spring.

"If they have St. Augustine grass and there are brown patches, there is a good chance it's large patch, but that's a guess. It could be white grubs eating roots, but that's typically in drier conditions, so it's doubtful with all the rain we had in August." Reynolds said insect activity should be reducing, though fall armyworms continue to be a nuisance around the state. Gray leaf spot and large patch are often aesthetic and most warm-season grasses will recover once better

growing conditions resume. However, in extreme cases they can be damaging. "Once treated, the grass will reemerge with green leaves, but they may have to look at large or small brown patches for a few months if they wait until October or later when grasses start to go dormant for winter," he said. Reynolds said the AgriLife Extension's turfgrass site, <https://aggieturf.tamu.edu/>, has several publications regarding pest and disease problems and provides treatment strategies for homeowners. But homeowners with doubts about their diagnosis should have a local landscape professional or AgriLife Extension agent take a look.



What's in Season? Pumpkins

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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When we think of pumpkins, the things that readily come to mind are Jack-o'-lanterns, Pumpkin pie and most recently, Pumpkin spice lattes! Well, there is so much more to these orange squash than Halloween and sugary desserts. Pumpkins have many health benefits, none of which we think of as taking center stage in autumn's most frequent recipes! Let's look at a few!!

Weigh Loss - Pumpkin is rich in fiber, which helps to slow digestion, thus, keeping you fuller longer. Each cup of canned pumpkin has an amazing seven grams of fiber. That is more than what you would get in two slices of whole-grain bread. It is also super low in calories, having fewer than 50 calories per serving. It is nearly 90% water, so it also helps to keep your body hydrated as well.

Sharp Vision - Pumpkin's brilliant orange coloring comes its ample supply of beta-carotene, which is converted to vitamin A in the body. Vitamin A is essential for eye health and helps the retina absorb and

process more light. A single cup of pumpkin contains over 200% of the recommended daily intake of vitamin A, making it an outstanding option for optical health. Pumpkin also contains antioxidants that are thought to help prevent cataracts and slow the development of macular degeneration.

Better Immunity - The large amount of vitamin A this fruit provides helps your body fight infections, viruses and infectious diseases. The vitamin C provided by pumpkins may even help you recover from colds faster.

Younger-Looking Skin - Believe it or not, eating the beta-carotene in pumpkins helps protect us from the sun's wrinkle-causing UV rays.

Pumpkin puree can also make a wonderful, all natural face mask that exfoliates and smoothes.

(see recipe below).

¼ cup pureed pumpkin (not pie)

1 egg

1 Tbs. honey

1 Tbs. milk

Mix, then apply. Wait 20 minutes or so and wash it off with warm water.



Lower Cancer Risk - Once again, beta carotene plays a big part in the benefits of pumpkin. Research shows that people who eat a beta-carotene-rich diet may have a lower risk of some types of cancer, including prostate and lung cancer. Also, the vitamin A and vitamin C create a "cell defense" of antioxidants that shield your cells against cancer-causing free radicals.

Possibly Helps Treat Diabetes - In some scientific tests, pumpkin has been shown to reduce blood glucose levels, improve glucose tolerance and increase the amount of insulin the body produces. More testing is needed before they can say for sure what the benefits of pumpkin are on the person with diabetes will be. But until then, it certainly cannot hurt to munch on a few!

Monthly Recipe: Creamy Pumpkin Parmesan Pasta

Ingredients:

6 ounces whole wheat penne pasta
 2 tsp. olive oil
 2 slices bacon, diced
 1 clove garlic, minced
 1 Tbs. fresh sage + more for garnish
 1 (15-ounce) can pumpkin puree
 1/4 cup Parmesan cheese + more for garnish
 1/2 tsp. ground nutmeg
 1/2 cup low fat milk



234 calories, 7.6g fat,
 23.1g carb, 7.8g protein,
 85g sodium, 2g sugar

Directions:

Cook the pasta according to package directions. When the pasta is al dente, drain and set it to the side. While the pasta cooks, heat the olive oil in a large skillet over medium heat. Add the bacon, onions, garlic and sage, stirring well. Cook for about 10 minutes or until the bacon is crisp and onions are tender and fragrant. Stir in the pumpkin puree and cream and stir until fully incorporated. Add the pasta and combine. Then, season with salt and pepper to taste. Add the parmesan cheese and nutmeg and stir to combine. Garnish with additional sage and parmesan cheese for serving. Makes 3 servings.

October is the Prime Time for Fun Healthy Snacks!

Instead of decorating cookies with candy, try using your favorite fruits!

This skeleton pizza cookie is made with a roll of sugar cookie dough. Shape in the form of a skeleton and bake for 10 minutes. Then blend cream cheese and powdered sugar to make the icing. Use fresh and drained canned fruit to decorate!! Refrigerate any uneaten portion.

THIS RECIPE IS PERFECT FOR GETTING KIDS IN THE KITCHEN

