

# THE Tyler County AGENTS' ADVICE

## UPCOMING EVENTS:

### May

May 3<sup>rd</sup> - Breakfast CEU's at 7 am – Agrilife Extension Office

May 5<sup>th</sup> - National Day of Prayer – 7:30am @ the Courthouse

May 6<sup>th</sup> - Tyler County Health Fair (7am-1pm) Tyler County Hospital

May 13<sup>th</sup> - 11<sup>th</sup> Annual Multi-County Beef and Forage Workshop Series-Segment 1 Corrigan

May 19<sup>th</sup> – Pond Management Workshop 6pm. ; Tyler County Agrilife Extension Office

May 24<sup>th</sup> - Bee Keepers Association Meeting 6:00pm Nutrition Center Rm C

### June

June 6<sup>th</sup>-10<sup>th</sup>-State 4H Round Up – College Station, Texas A&M University

June 13-14<sup>th</sup> - District 5 4H Horse Show @Henderson County Fair Park

June 20<sup>th</sup> – District 5 Leadership Lab Officer Training \$30.00 per person

June 24<sup>th</sup> - 4H Recordbook Entries Due

June 27<sup>th</sup> - Steer Validation

## Tyler County Extension Agents



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

## Controlling Mosquitoes to Reduce the Spread of Zika Virus



Controlling mosquitoes to reduce the spread of Zika virus would be easy if there was a perfect pesticide. However, experience has shown that pesticides alone rarely produce complete or lasting control of pests, whether battling cockroaches in kitchens, or mosquitoes in marshes. This observation is the basis of a control strategy called “Integrated Mosquito Management” or IMM.

Mosquitoes are controlled most efficiently with an approach that blends the use of both chemical and non-chemical control measures. This is the essence of IMM, the preferred approach for city and county-wide mosquito control programs. Integrated mosquito management works best when done over a large area, like a neighborhood, community or county.

“The Four D’s” – How to Manage Mosquitoes & Protect Against Bites

Dusk/Dawn – Avoid being outside when mosquitoes are searching for a blood meal,

which is usually in the early morning hours and just before the sun goes down. While some species are daytime biters, many prefer to feed at night but all can be actively feeding at dusk and dawn. Unfortunately, the mosquitoes that carry Zika, Dengue, Chikunguna and Yellow Fever also bite during the daytime.

Drain – Empty standing water from “containers” around your home and work areas, such as buckets, wheelbarrows, kiddie pools, toys, dog bowls, water troughs, tires, bottles, etc. Make improvements that allow standing water to run off following rains.

Dress – If out during mosquito feeding hours, wear long sleeves and pants in plain colors. Avoid attracting them by wearing excessive amounts of perfume or aftershave.

Defend – Any time you go outside for an extended period of time, wear a mosquito repellent. DEET provides up to 6 hours of high protection from mosquitoes and has an excellent safety record. People who dislike the smell or oily feel of DEET can choose from two other excellent mosquito repellents. Lemon oil of eucalyptus (an aromatic, plant-derived natural mosquito repellent) and nicaridin

repellent) and picaridin (odorless) provide excellent, though shorter protection than DEET. Keep a bottle or can of insect repellent just outside the doorway to remind you to spray exposed skin.

Additional measures that can be used around the house or workplace include:

- Using mosquito dunks containing insect growth regulators or Bti
- Mowing tall weeds and grass
- Spraying labeled contact insecticides in shady mosquito resting areas
- Installing mosquito barriers such as screened windows and doors –or- making sure they are in good repair



## What's in Season? Asparagus

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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One of the first foods that shows up in our grocery stores and farmers' markets as spring fresh produce, is asparagus. Asparagus is not only delicious, but it is also packed with health benefits.

First, it is loaded with nutrients. Asparagus is a very good source of fiber, folate, vitamins A,C,E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells.

Secondly, it can help fight cancer. This herbaceous plant is a particularly rich source of glutathione, a detoxifying compound that helps break down carcinogens and other harmful compounds like free radicals. This is why eating asparagus may help protect against and fight certain forms of cancer, such as bone, breast, colon, larynx, and lung cancers.

A third health benefit of asparagus is that it is packed with antioxidants. It is one of the top ranked vegetables for its ability to neutralize cell-

damaging free radicals. This, according to preliminary research, may help slow the aging process.

Fourthly, asparagus is a brain booster! Another anti-aging property of this delicious veggie is that it may help our brains fight cognitive decline. Like leafy greens, asparagus delivers folate, which works with vitamin B12, to help prevent cognitive impairment. Studies have shown that older adults with healthy levels of folate and B12 performed better on tests of response speed and mental flexibility. As you age, your body's ability to absorb B12 decreases. So, if you are over the age of 50, be sure you are getting enough of these vitamins.

Lastly, it is a natural diuretic. It contains high levels of the amino acid asparagine, which not only helps the body to release fluid, but also helps rid the body of excess salts. This is especially beneficial for people who suffer from edema and those who have



high blood pressure or other heart-related diseases.

And finally, an answer to the age old question of "why eating asparagus causes a strong urinary odor". Asparagus contains a unique compound that, when metabolized, gives off a distinctive smell in the urine. Young asparagus contains higher concentrations of the compound so the odor is stronger. However, there are no harmful effects either from the sulfuric compound or the odor.

The most common type of asparagus is green, but you might also see white and purple varieties. No matter the type you choose, asparagus is a tasty, versatile vegetable that can be cooked in various ways, or enjoyed raw.

### Monthly Recipe: Lemon Parmesan Asparagus

#### Ingredients:

- 1 lb. asparagus, washed and chop off bottoms
- 1 Tablespoon butter
- 1 Tablespoon olive oil
- 1/3 cup parmesan cheese, shredded
- 2 Tablespoons freshly squeezed lemon juice
- 1/4 teaspoon garlic salt (regular salt works too)
- 1/4 teaspoon lemon pepper



#### Directions:

1. In a large skillet over medium-high heat, add the butter and olive oil until the butter is melted.
2. Add asparagus to the skillet. Using a spatula, flip and stir to coat each asparagus with butter/olive oil.
3. Cover and cook for 5 minutes.
4. To the skillet, add lemon juice, salt, lemon pepper, and half of the parmesan.
5. Cover and let cook for 3-5 more minutes, or until asparagus is tender. Flip and turn asparagus one or two time throughout cook time.
6. Once cooked, flip and turn asparagus one last time to evenly coat. Sprinkle tops of asparagus with remaining Parmesan cheese. Serve warm.



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**Don't Forget to Refrigerate Your Doggie Bag Leftovers!**

*Leftovers for lunch are a great idea when you are on a budget or watching calories. However, they can ruin a wonderful week!! Remember to refrigerate foods within 2 hours and to be sure to eat them within 3 to 4 days.*