

Path to Healthy Living



Save Money Gardening

Growing a garden has the potential to reduce the amount of money spent on groceries, but this depends on the costs involved in growing the crops, types and amounts of vegetables grown, yields that are derived from the garden, and other factors. So, growing a vegetable garden can save you money, if done wisely.

First – you have to know a couple of basics of growing vegetables.

Vegetable growing basics There is a wide variety of vegetables that can be successfully grown. The location of the vegetable garden is crucial. Nearly all vegetables need full-sun and a well-drained soil. The vegetable garden also should be located near a source of water.

Cool season vegetables (carrots, beets, lettuce, cauliflower, etc.) are planted in early spring and harvested by mid-summer. Warm season vegetables (tomatoes, pepper, eggplant, squash, etc.) are planted after the danger of frost has passed and harvested by early fall. With proper planning, it's possible to grow two or three crops in a given area during the growing season.

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Save Money Gardening...Cont.

Using the same space for two or more crops is called succession planting. Other techniques, such as inter-planting and companion planting, are other ways to make efficient use of garden space. The more efficiently you use garden space and resources the larger the potential savings. Below are several other important factors to consider when growing a vegetable garden to save you money.

Select vegetables that you like. This is simple – you are not likely to take care of - or eat - vegetables that you don't like. So don't waste your time or money planting them in the garden.

Select vegetables that can be easily stored or preserved. Selecting vegetables that have a long storage life or that can easily be canned or frozen is a great way to stretch your grocery dollar. Potatoes, onions, sweet potatoes, and winter squash can be stored for several months when stored at the appropriate temperature. Other vegetables, like beans, tomatoes, cucumbers, beets and sweet corn, can be preserved by canning or freezing. Preserving vegetables is a great way to enjoy the “extra” produce later in the year.

Select vegetables that are expensive to buy in the grocery store. Grow more expensive items, like tomatoes and melons, or large quantities of vegetables that you purchase regularly. Consider vegetables like beans, beets, onions, spinach, broccoli, peppers, carrots, summer squash, cucumbers, tomatoes, potatoes, lettuce, peas, and Swiss chard. These vegetables provide the biggest returns on your investment of space and time in the garden.

Do some research and start with a plan. Decide what you want to grow and determine what will be necessary to be successful. Plan the garden on paper first. Remember, there's no reason why a lack of space means you have to miss out on growing your own food. Container gardening provides the perfect opportunity to grow your own even in the tiniest of spaces.

Research and consider ways to reduce your inputs. Collect rainwater for irrigation, especially if you pay for water. Add compost and well-rotted manure to the garden to improve the soil and reduce the use of fertilizers. Practice the principles of Integrated Pest Man-

agement to control insects and diseases, reducing your reliance on pesticides.



Start with high quality seeds – most are relatively inexpensive, and most can be stored for at least one or two years. Find ways to reuse containers, flats, stakes, ties, etc. Remember that saving money with vegetables usually means keeping the costs as low as possible while still growing productive plants.

Start small. Like many things, gardening takes practice. Plants will require regular watering, maintenance and harvesting. Growing many different vegetables in a large garden can be overwhelming for new gardeners and can ultimately lead to failure. Limit yourself to just a few types of vegetables the first year. When you become more confident in your abilities and resources, you can increase the size of your vegetable garden and grow a wider variety of crops.

Finally, have fun growing your own vegetables. Encourage your neighbors to grow a few vegetables as well. Visit each other's gardens and trade “extra produce” regularly. It's surprising how something as simple as a vegetable garden can impact your life...and hopefully your pocketbook as well!

Watch for information about upcoming Growing and Nourishing Health Community Garden course near you.



Leftover Safety Guidelines

Preparing Leftovers to Refrigerate or Freeze

- Refrigerate or freeze within in 2 hours after cooking
- Cool food before placing in the refrigerator or freezer
- Divide large cuts of meat or items in shallow containers for quicker cooling
- Wrap in tight packing or an air tight storage container
- Label packaging with a date to know when to use it or toss it
- Refrigerate at 40 degrees or below or Freeze at Zero degrees

Thawing Leftovers Safely

- Refrigerator method takes the longest but is the safest
- Cold water thawing is a little quicker - Food should be placed in a leak-proof package or bag and water should be changed every 30 minutes
- Microwave method is the quickest
- After thawing use food within the leftover storage guidelines

Heating Leftovers

- Heat to 165 degrees
- Reheat soups, sauces and gravies to a rolling boil
- Cover the leftovers to keep in the moisture, making sure it gets heated all the way through when heating in the microwave
- Cover and rotate food for even heating

Refreezing Previously Frozen Leftovers

Safely freeze the food after reheating to 165 degrees and freeze following above guidelines

"According to the Centers of Disease Control (CDC) there are 48 million cases of foodborne illness yearly equivalent to 1 of 6 Americans"

*"Annually 30 - 40% of food in the U.S. is wasted
Approximately 20 lbs per month/person = \$165 billion in food waste each year"*

Source: U.S. Food & Drug Administration

Created by Ronda White
Family & Community Health Extension Agent
Scurry County

Sources: <https://www.fda.gov> & www.fightbac.org

"Extension Programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas Cooperating".



WATERMELON

What fruit comes to mind when you think of summer time? Watermelon! Watermelon is delicious, and it's super healthy!

- The USDA developed the classic variety of watermelon, called Charleston Grey, in 1954.
- Texas, Florida, Georgia & California grow 66% of the watermelon in the U.S.
- Watermelons are commercially grown in 44 different states!

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Sources: <https://myplate-prod.azureedge.net/sites/default/files/2020-12/Watermelon%20Fact%20Card%20%282017%29.pdf>

<https://snaped.fns.usda.gov/seasonal-produce-guide/watermelon>

To learn more, visit: pathtotheplate@tamu.edu



PATH TO
THE PLATE

Do you have **concerns** about falling?

JOIN OUR FALL PREVENTION CLASS

Many adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

A Matter of Balance is a **FREE** fall-prevention program that consists of eight workshops.



Class Dates

**Tuesdays & Thursdays in
August:**

**1st, 3rd, 8th, 10th, 15th, 17th,
22nd, 24th, 29th**

1:00 PM—3:00 PM

First Baptist Church

401 Avenue I

Chillicothe, TX

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration of Aging (#90AM2780)



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

**TEXAS A&M
AGRI LIFE
EXTENSION**

To register, please call
Texas A&M AgriLife Extension Service
Hardeman County office at (940)663-6301
or Wilbarger County office: (940)552-5474

DEADLINE TO REGISTER:
Tuesday, July 25th

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, gender identity, or any other classification protected by federal, state, or local law and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

1



JOIN WAT
FACEBOOK GROUP

2



REGISTER FOR A
HOWDY HEALTH
ACCOUNT

3



ACCESS WAT
INFOMATION

Hardeman County
Adult Walk Across Texas

**STARTING
SOON**

SCAN QR CODES WITH SMART PHONE

AUGUST 1 - SEPTEMBER 26

8 TEAMMATES ✦ 8 WEEKS ✦ 832 MILES



BETTER LIVING
FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

For more information contact the Texas A&M AgriLife Extension Service
at 940.663.6301 | klehman@ag.tamu.edu

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, gender identity, or any other classification protected by federal, state, or local law and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

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AGRILIFE
EXTENSION

Brought to you by Texas A&M AgriLife Extension of Hardeman County.

Please submit any requests for accommodation to our office at 940.663.6301 by August 1, 2023.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, u. s. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

REGISTRATION

Step 1: Join our Facebook Group: [Hardeman Co Got 30? Walk Across Texas Group | Facebook](#)

This group is FREE to join! Fall Back into Fitness!

This group will coincide with the Hardeman County Walk Across Texas program and will include some involvement from its members. But don't worry, it can all be done from home except for your exercise – somehow, there's not an app for that. I'll provide recipes, quick tips, and information in this group. I'll also be asking you some questions that will involve some interaction to make this group have the best experience possible.

Step 2: Register through the [Howdy Health](#) webpage.

*Once you've registered, you must login to access the following registration pages.

ADULTS

To Register:

1. Once verified, login with login credentials
2. Choose to create an ADULT profile – WAT! Dashboard
3. Do not create a league! You want to **JOIN a league!**
4. You will create a team or join a team. (If you are joining a team, you'll need the team code set up by your captain.)
 - o League Name: **Hardeman County WAT 2023 Fall Back Into Fitness**
 - o League Code: **watL-230711-05836**
5. Record Your Team's Code
 - o Your teammates will need this code to join your team. Or you can add teammates via email.
6. Choose Your Team's Name
7. Invite Team Members
 - o Share Your Team's Code with Teammates
 - o Send an e-mail invitation by adding their email to your team's profile.

Step 3: Add Team Members

1. Once logged in, go to "Team Profile."
2. Click on Team Name.
3. Add members by email or provide "Team Code" to teammates.
4. Click on "View Joined Members" to see the current teammates and their miles.

Step 4: Record Mileage

ADULTS *each team member must submit their own mileage*

1. Login to Howdy Health portal.
2. On your WAT! ADULT: DASHBOARD select "Enter Mileage Walked"
 - o Mileage cannot be entered until the program begins: August 1st
3. Follow instructions on screen.
4. Track team progress by going to "View Team" from the Dashboard.

HELPFUL LINKS

[WAT One Pager](#) – helpful in registration, login, and recording mileage.

[Activity-Equivalents](#) – helpful in converting activity to miles.

[WAT IndWAT-Individual-Mileage-Log](#)

[Mileage Log](#) – helpful in logging mileage with pen and paper.

[Howdy Health Programs - WAT! Adult Program](#) – Instructional videos on how to CREATE A TEAM and JOIN A TEAM.

For More Information on Hardeman County Walk Across Texas: <https://hardeman.agrilife.org/fch/walk-across-texas/>

940.663.6301 | klehman@ag.tamu.edu | <https://www.facebook.com/groups/hardemancogot30walkacrosstexasgroup/>



**Tuesday,
September 26, 2023**

5:30 PM - 7:30 PM

HEALTHY COOKING FOR BRAIN HEALTH

HEALTHY AGING &
REMEMBERING IT
SERIES

**SAVE
THE DATE**

**Stay tuned
for more
information**

**TEXAS A&M
AGRI LIFE**

**For more information:
klehman@ag.tamu.edu 940.663.6301**



TEXAS A&M
AGRILIFE


PEACE OF MIND ESTATE & WILL PLANNING


SAVE THE DATE

Thursday, October 5, 2023
Noon Luncheon

EVERYONE COULD USE A BIT OF
PEACE OF MIND PLANNING
WITH THE PROFESSIONALS

More Info

940.663.6301 

klehman@ag.tamu.edu 

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EXTENSION

Kelli D. Lehman



Texas A&M AgriLife
Extension Service –
Hardeman County
Rolling Plains, District 3
County Extension Agent –
Family & Community Health
940.663.6301

TEXAS A&M AGRILIFE EXTENSION SERVICE
Hardeman County
PO Box 179
Quanah, Texas 79252

Postage

Return Service Requested

Path to Plate..... **Tomato Cucumber Garden Salad**

INGREDIENTS:

2 cups garden lettuce torn
into small pieces
1 cup roughly chopped toma-
toes
1 cup roughly chopped cu-
cumber
Dressing:
2 Tbsp chopped fresh basil
2 tsp crushed garlic
3 Tbsp lemon juice
2 tsp olive oil
1/2 tsp dry red chili flakes

DIRECTIONS:

Combine all ingredients along
with the dressing and toss
well. Serve immediately.

