

WHAT YOU NEED TO KNOW . . .

- Preschoolers spent an average of 33 hours per week in childcare.¹
- Families with children under 5 paid, on average, over \$9,300 a year for childcare.²
- To find a day care's state record, [click here](http://www.census.gov/prod/2013pubs/p70-135.pdf) to visit the State of Texas web-site on daycare.

¹⁻² Source URL:
<http://www.census.gov/prod/2013pubs/p70-135.pdf>

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Valuable Education for Growing Childcare Industry

According to the 2009 U.S. Census, more than 7,300 people are employed in the child daycare service industry in Bexar County, accounting for almost \$100 million in annual payroll. And 2013 figures from ChildcareCenter.us show there are currently about 600 child-care centers countywide.

"The child-care industry is an important segment of the local economy, and to support this industry, the AgriLife Extension office in Bexar County provides training and instruction for child-care professionals and paraprofessionals," said Dr. Connie Sheppard, AgriLife Extension agent for Family and Consumer Sciences in Bexar County.

The agency recently presented free nutrition education classes for professionals participating in the Child and Adult Care Feeding Program (CACFP) of the U.S. Department of Agriculture. A total of almost 100 industry personnel took advantage of these free classes, gaining knowledge they will use to help feed and care for more than 4,000 youth in daycare centers countywide. The classes were:

- Feeding Infants — Information on nutritious meals meeting USDA infant meal pattern requirements, as well as guidance on infant needs, food safety and sanitation.
- Menu Planning for Child Care — Tools and recommendations for planning program-reimbursable menus that are nutritious and economical.
- Planning Nutritious Snacks — A "team approach" to meeting the nutritional needs of children in child-care facilities allows attendees to learn how to develop snack menus meeting USDA meal-pattern requirements and Texas Department of Agriculture recommendations.

"The classes focus on what we call the 'three E's' of healthy living – education, exercise and eating right. They help participants stay in budget and compliance, get to know creditable foods and beverages, and receive up-to-date materials and resources to help improve their expertise. The classes also provide clock-hour credits toward professional child-care certification for attendees," Sheppard said.



Exhibits and Demos Among Offerings at 2013 Rodeo

From Feb 7-24, more than 167,000 people from Texas and beyond visited the H-E-B Little Buckaroo Farms pavilion during the San Antonio Stock Show and Rodeo. The 30,000-square-foot pavilion is presented by H-E-B and the Texas A&M AgriLife Extension Service in cooperation with various community partners.



11,819 of this year's visitors were kindergarten through 3rd grade students from Bexar County toured by 129 county 4-H members over a five-day period. Another 2,500-plus youth were

part of additional schools tours conducted by neighboring counties.

Kids' activities at the pavilion included collecting plastic fruits and vegetables in baskets by stopping at various stations, an herb-planting activity, animal "petting zoo" areas, a beekeeping exhibit, and a cow-milking station.

"The agriculture industry in Texas has more than a \$100 billion annual impact on

the state's economy, yet many urban youth don't even know where their food and fiber come from," said Lupe Landeros, AgriLife Extension director, Bexar County. "We make the pavilion a truly-Texas learning experience for both children and adults, showing them the importance of agriculture in their daily lives."

Other exhibits and activities at this year's event included cooking demonstrations and food tastings, the Bexar County Master Gardener booth, and exhibits on drip irrigation, rainwater harvesting, raising chickens, wool production and dairy production.



Megan Torres won the Texas Egg Council & Cal-Maine Foods drawing at the AgriLife Extension exhibit on Backyard Basics. Torres will receive a dozen eggs each week for a year.

Making "Cents" of Home Landscape Water Use

With water conservation a major issue for Bexar County, the agency continues to



present programs to help homeowners and others save water and money. In addition to the "Growing a Lawn and Saving Water" program on April 23, AgriLife Extension will hold the

Backyard Gardening series program "How to Build a Raised Bed Garden and Saving Water/Money through Drip Irrigation," from 6:30-8:30 p.m. on May 21.

"This program will give attendees the opportunity to learn the advantages of raised beds, including improved soil, better drainage, increased yield, less weeding, easier pest control and quicker access to your planting beds," said David Rodriguez, AgriLife Extension horticulturist, Bexar County.

Rodriguez will be joined by Bexar County Master Gardener Ron Csehil, who will discuss the benefits of drip irrigation and give a basic demonstration on how to install a drip system into a raised-bed garden.

Backyard Basics at Don Strange Ranch a Huge Success

More than 70 people from throughout South Central Texas attended the Texas A&M AgriLife Extension Service and Don Strange of Texas, Inc. program "Preserving and Serving the Harvest" on March 8 at the Don Strange Ranch in Boerne.

The program included demonstrations on food preparation and preservation basics by AgriLife Extension instructors and others, plus a menu of ranch-made foods from executive chef Susan Johnson and her staff in cooperation with Di-Anna Arias, their director of culinary vision.

"This was one of the Backyard Basics programs being piloted by AgriLife Extension in several South Central Texas counties to provide information and hands-on instruction relating to the benefits of home food production, preparation and preservation," said Dr. Connie Sheppard, AgriLife Extension agent for family and consumer sciences.

Extension personnel from Atascosa, Bexar, Comal, Guadalupe, Kendall and Wilson counties presented hands-on demonstrations on bread making, cheese making, drying foods, freezing fruits and vegetables and pressure canning. Members of the San Antonio Herb Market Association demonstrated how to grow herbs in a home garden and using fresh herbs in recipes.



More information can be found at <http://backyardbasics.tamu.edu>

4-H Members "Represent" in Junior Livestock Show Division

During the San Antonio Junior Livestock Show and Rodeo in February, the Bexar County 4-H program had 108 youth exhibit animals from 17 different clubs throughout the county. Entries included 12 turkeys, 23 market swine, 10 steers, 16 market lambs, 19 market goats, 3 broilers, 14 breeding swine, 2 breeding goats and 7 heifers. 4-H'ers also participated in various educational contests at the event.

"The 4-H Livestock Project is one of the most unique and rewarding projects any youth and family can do together," said Cheree Leita, Agriculture Youth

Educator, Bexar County. "It takes a lot of commitment from everyone involved, and helps 4-H youth learn responsibility, goal-setting, self-discipline, self-motivation and decision-making."

Proceeds from numerous 4-H animals at the San Antonio Livestock Show and Rodeo Auction brought over \$17,000 in gross sales to Bexar County youth.

McKayla Balero of Helotes 4-H won Grand Champion Breeding Swine at the event. She was presented \$22,000 in scholarship money to apply toward her college fund.

Meet the Staff: Krystal Batteen



Krystal Batteen is the new Extension Assistant for the Better Living for Texas (BLT) program in Bexar County. BLT is a cooperative endeavor between our agency, the Texas Health and Human Services Commission and U. S. Department of Agriculture's Food and Nutrition Service.

Batteen has a bachelor's of science degree in Health from Texas A&M University. She previously worked as a Research Area Specialist in the Department of Psychiatry at the University of Texas Health Science Center, and also worked in the center's Neurobehavioral Research Laboratory and Clinic.

In her position with AgriLife Extension, Batteen teaches classes on basic nutrition, food safety, food preparation, and food budgeting skills for program participants who are typically considered "limited resource" individuals.

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A Message from the County Extension Director

The 2013 AgriLife Conference held at the Texas A&M University campus in January focused on AgriLife's role in helping address the "grand challenges" we all will face in the future. Among the issues discussed were how we might make some sort of impact on the looming and overarching global issues of food security, protecting our water resources and our environment, promoting health and wellness, enriching our youth and growing the economy. Though these challenges are daunting, as an educational outreach agency of the nation's land-grant system, we are in a position to contribute toward addressing many of the current and future challenges of the 21st century. Through research-based knowledge, community outreach, and technical expertise, we hope to help not only Texans, but people throughout the nation and world, improve their quality of life.

— *Lupe Landeros*

Calendar of Events

May 2013

- 9 Health & Wellness Train the Trainer Event
- 15 Extension Volunteer Recognition
- 16 Feeding Infants: During their First Year—CACFP
- 18 Bexar County 4-H Project Show
- 21 Build a Raised Bed Garden & Save Money with Drip Irrigation Program
- 24 2013 Multi-County Beef Cattle Field Day

June 2013

- 10-13 Kids gARTening Camp
- 14 Tots Science Camp
- 18-21 iLEAD Junior Camp
- 26-27 "FUNtastic" Adventure Camp
- 28 Tots Science Camp

July 2013

- 15-18 Entomology Youth Camp / Bug Camp #1
- 22-25 Entomology Youth Camp / Bug Camp #2
- 23-25 Junior Master Gardener Adult Training
- 24-27 "Keep Calm and 'Moove' Healthy" Camp

August 2013

- 6-10 iLEAD Camp
- 20-21 "FUNtastic" Adventure Camp

For more information
about these and
other events, please
call 210-467-6575 or
visit our website:
[http://bexar-
tx.tamu.edu](http://bexar-tx.tamu.edu).

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