



**Saturday, February 28, 2015**

**9:00 a.m. – 1:00 p.m.**

**District AgriLife Research and Extension Center, Building C  
(17360 Coit Rd, Dallas, Texas 75232)**

### **Summary of Workshops**

**9:00 – 9:40 am**

- ***Planning a Water Wise and Earth Kind ® Home Vegetable Garden***  
***Presented by: Dale Groom***

Not all varieties of vegetables do well in North Texas heat but many do. Knowing which varieties to select, when to plant and care are important components in planning your productive vegetable garden while being a steward of our environment. This session will present information on how you can accomplish your goal of producing fresh vegetables for your table while being both WaterWise and Earth-Kind(r).

- ***Phyte for Good Health with Fruits and Vegetables***  
***Presented by: Lexie McGrane***

In this session you will learn about the importance of including a variety of fruits and vegetables in your eating plan, and about how unique compounds found in plant foods called phytonutrients promote health and may protect against certain diseases such as cancer, heart disease, high blood pressure, urinary tract infections, and more.

- ***Hydroponics***  
***Presented by: Elizabeth Rudd***

No dirt and I get a plant, really? Aquaponics 101

## 9:45 – 10:25 am

- ***Soil Preparation for Water Wise and Earth Kind® - Raised Bed and Row Gardens***  
***Presented by: Dale Groom***

If your soil is just "awful" or very thin with rocks below it raised bed gardening is a solution. Raised beds can also be constructed to enable wheel chair bound folks to actively garden from their chair. When space is available and increased quantities of vegetables is a main goal growing veggies in rows is the route to take. Both areas of gardening will be discussed during this presentation.

- ***Safe Handling of Fresh Fruits and Vegetables***  
***Presented by: Marvin Young***

Each year, 1 in 6 people will become ill, 128,000 will be hospitalized, and 3000 will die from foodborne illness. Foodborne illness can affect anyone. Contaminated fruits and vegetables could cause foodborne illness. This session will provide information you can use to purchase, wash, store, serve and enjoy fresh fruits and vegetables safely.

- ***Goats in the City***  
***Presented by: Elizabeth Rudd***

Not "kidding", goats are a great asset to ones back yard. A goat can be handled with ease, require little space, great personality and neighborly.

## 11:00 – 11:40 am

- ***Chickens in Urban Gardens***  
***Presented by: Jeff Raska***

Presentation will cover basic care of backyard chickens. It will cover housing, feeding and breed selection for successful urban chicken management.

- ***Canning and Preserving the Harvest***  
***Presented by: Lexie McGrane***

In this session, you'll learn about trends in home food preservation, food safety issues, things to think about when canning, food safety concerns when canning, and 10 tips for canning food safely at home.

- ***Cheese and Soap***  
***Presented by: Elizabeth Rudd***

## 11:45 am – 12:25 pm

- ***Water Wise and Earth Kind® Container Gardening***  
***Presented by: Dale Groom***

You like fresh vegetables? Who doesn't? Space your issue? If yes then become aware of 'Container Gardening'! You will be able to grow a wide assortment of plants you prefer in containers. Vegetables, herbs as well as

ornamentals are successfully grown in containers throughout North Texas and you can too. If you are a 'veggie gardener' you are in luck today! This presentation will provide you with information on how you too can grow plants successfully in ... containers.

- ***Cooking with Color***  
***Presented by: Lexie McGrane***

Do you enjoy cooking shows, learning new techniques to make cooking easier and fun, adapting recipes to make them healthier for you and your family? Plan to attend this session which features live cooking demonstrations, recipes to take home, and helpful tips for putting a rainbow on your plate!

- ***Pollinators – Bees at Work***  
***Presented by: Elizabeth Rudd***

Buzz Buzz Bees, We see them fly around, what exactly are they doing?

***Come learn practical, research-based information from Texas A&M AgriLife Extension experts! Fun environment for the whole family!***

***Please call 214-904-3050 for further information.***

Individuals with disabilities who require an auxiliary aid, service or accommodations to participate in this event are encouraged to contact the Dallas County AgriLife Extension Office at (214)-904-2050 for assistance, at least two weeks prior to the marketed education program. Extension 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, the U.S. Department of Agriculture, and the County Commissioners Courts of Texas cooperating.