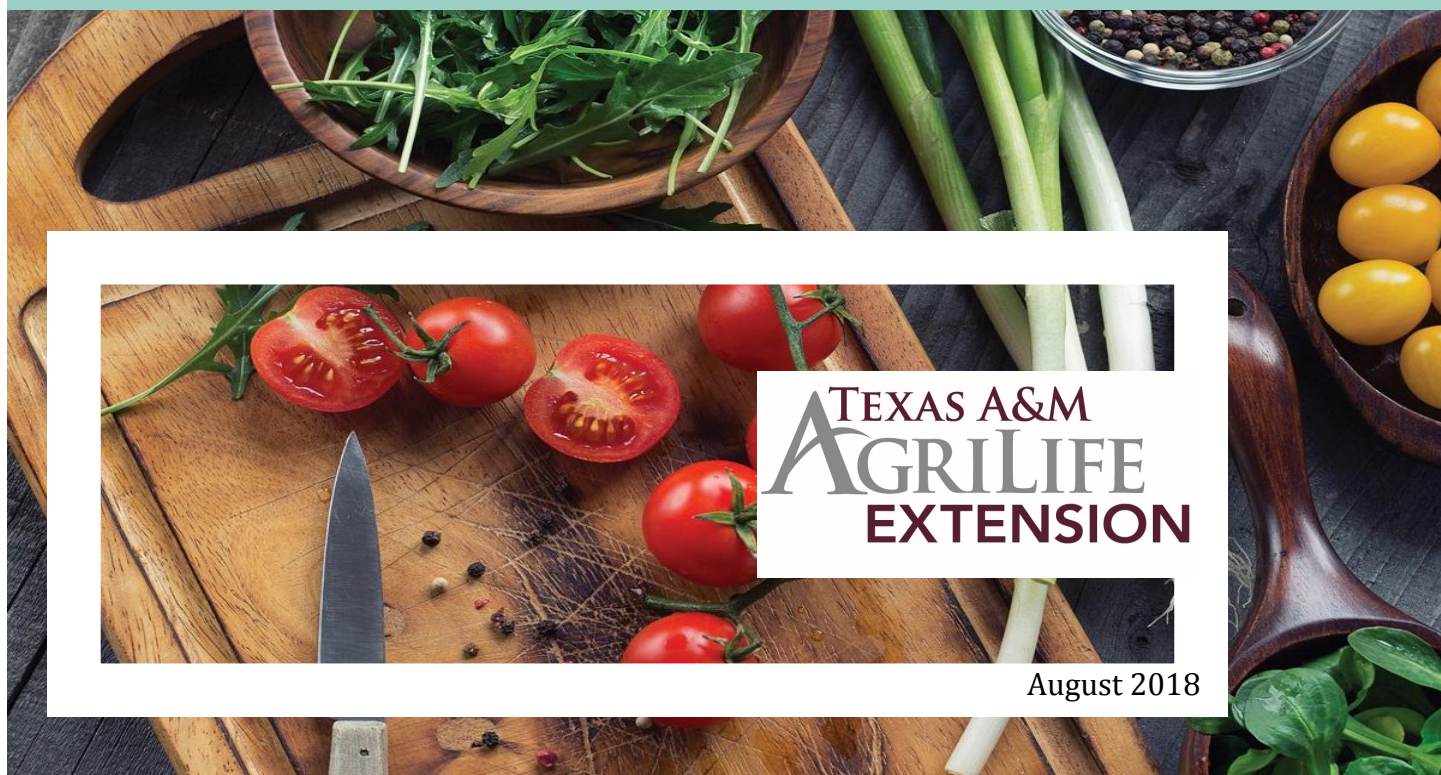


PANHANDLE PATH TO HEALTHY LIVING



Farmers Markets Support Healthy Communities

In today's fast-paced world, most Americans don't know where their food comes from – let alone who grew it or how it was grown. Our connection to food has diminished to nothing more than a quick transaction at the check-out line, with no thought to who is behind the spinach in our salads or the steak on our grills. Farmers markets reconnect communities to their food system. They create an opportunity where farmers can simultaneously sell fresh, local food and serve as food educators, revitalizing the way consumers shop and eat. They are places where farmers and neighbors meet to socialize and exchange ideas around cooking, nutrition, and agriculture. What produce is in season? What's a healthy way to prepare asparagus? How do you raise your chicken? These answers can be found at a farmers market – answers that educate, inform, and build relationships between communities, farmers, and food. Unlike other food retail outlets, farmers markets foster a sense of community among their customers. Not only do patrons shop for farm fresh food, but they also engage in conversation, meet neighbors for lunch, and enjoy the festive atmosphere with family and friends. Research indicates people thrive and are naturally happier when socially connected. Farmers markets support emotional health by creating a cheerful space where people come together for laughter, fellowship, food, and fun.

Just as important, farmers markets also support healthy lifestyles and diets. A 2012 study in Austin, Texas found that farm stands operating in low-income neighborhoods just one day a week increased the consumption of fruits and vegetables for families within walking distance. Another study conducted in North Carolina concluded that proximity to farmers markets was associated with lower body mass index (BMI) for local youth. By their presence alone, farmers markets are proven to positively impact the health and diet of their community, especially in areas that otherwise lack sufficient access to fresh, healthy food.

Kay Rogers

<https://farmersmarketcoalition.org/education/farmers-markets-support-healthy-communities/>

Educational Programs of Texas A&M AgriLife Extension Service

Path to Wellness.....

Community and Local Economy Benefits of Farmers Market

The presence of a farmers market in the community means the opportunity to interact with members of the community. Mora told *Medical Daily*, "It is also great for the community because money spent at a Farmer's Market stays in the community, people get the opportunity to meet and converse with others who live near them, and discover new vendors and businesses that can help support their healthy lifestyles." The local economic benefits of a farmers market in a community is inevitable. The money that is spent in the local community is circulated within it, which has long term effects such as preserving and creating local jobs. In 2008, fruit and vegetable farms that had local and regional markets employed 13 full-time workers per \$1 million earned in revenue, which created a total of 61,000 jobs, according to a 2011 USDA Economic Research Report.

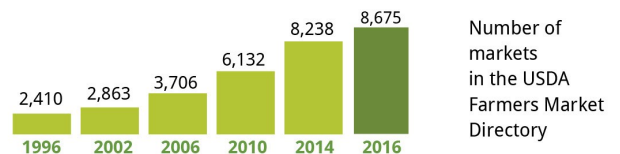
Consumer Benefits of Farmers Market

Purchasing products at a farmers market allows the consumer to get the most out of their food shopping experience. "It's a great way to purchase nutrient-rich foods at lower costs, get familiar with less familiar produce, and discover where their foods come from," said Kati Mora, MS, RD Owner and Director of Nutrition Communications, to *Medical Daily*. There is direct contact between the consumer and the producer where both parties can provide feedback to one another on the origin and growth process of the products. Access to farmers markets and thus fresh food can help improve a person's diet and nutrition. One State announced that \$3.4 million would go to low-income women, infants, and children to increase their access to healthy, locally-grown food at farmers' markets. Over 250,000 families will have access to healthy food at 470 farmers' markets as a means to promote healthy eating for those that may not otherwise be able to afford the cost of locally grown food.



Farmers Market Coalition

Why Farmers Markets?



Stimulate Local Economies

Growers selling locally create **13 full time jobs** per \$1 million in revenue earned. Those not selling locally create **3**.



Locally-owned retailers, such as farmers markets, **return more than three times as much of their sales to the local economy** compared to chain competitors.



Preserve Farmland & Rural Livelihoods

The U.S. loses an acre of farmland a minute to development.

The **7** Seattle farmers markets hosted by the Neighborhood Farmers Market Alliance support **9,491 acres of farmland in diversified production.**

25% of vendors

derive their sole source of income from the market.



Increase Access to Fresh Food

\$20.2 million

in **SNAP benefits** (food stamps) were spent at farmers markets in 2016. That's fresh food for low-income Americans and increased revenue for local farmers.

60% of farmers market shoppers in low-income neighborhoods say that **their market had better prices than the grocery store.**

Markets bring fresh food to the neighborhoods that need it most.



Support Healthy Communities



People who shop at farmers markets have **15-20 social interactions per visit.**



They would have only **1-2 per visit** to the grocery store.



Proximity to farmers markets is associated with lower body mass index.

A Path to Dallam & Hartley Schools

Not only is August is a popular month for farmers markets, it is also a time for children to return to school!

Give Your Child a Back Seat for Safety – Why It's Important to Keep Children in the Back until Age 13

As parents, it is very tempting to reward children by letting them sit up front in the vehicle just like grown-ups do. But, the fact is that the front seat is engineered with safety features to protect adults, and children are not small adults. Even children, whom when we observe them from the outside may be as big or even bigger than their parents, are not as strong and well developed as their parents on the inside. Until a child reaches age 13, their bones are not fully developed. They do not have a mature skeleton that can take the forces of the most common type of automobile crash, which is a frontal crash. Placing a child whose bones are not strong enough yet in the front seat, where there is the windshield, dashboard, and air bags, puts them at greater risk of injury or death during a crash.

The hip bone, which helps keep the lap belt low and away from the abdominal cavity, where there is soft tissue and vital organs, is not fully developed until closer to age 13. The breast bone, also referred to as the sternum, is not strong enough to take crash forces or the impact of a frontal air bag. The lap/shoulder belt and air bag is designed to save the lives of adults in the front seat. It is not designed to properly protect children under age 13 — and it can actually cause more harm rather than protect them.

Over the last two decades, vehicles have added features to the front seat to protect adult passengers. A recent study by the Insurance Institute for Highway Safety, looking at the safety of the back seat for adult passengers, shows that the safety features that have been added to the front seat — including air bags and crumple zones — have significantly increased crash protection for front passengers to the point where it may be safer for adults to ride in the front. That was not the case for older vehicles when riding in the front, which put vehicle occupants closer to where most crashes were happening and did not provide the extra protection that modern cars have. Another reason that the rear seat may no longer be the safest place for adults is that many adults do not wear seat belts in the back seat and there are no warnings from the vehicle to remind rear passengers to buckle up.

However, the rear seat still remains the safest place for children to ride. The American Academy of Pediatrics recommends that children under age 13 be seated in the rear, citing a higher risk of injury and more severe injuries to children seated in the front seat. While children age 12 and younger account for 56 percent of passengers who sit in the back of vehicles, they are only part of 24 percent of crash fatalities, according to a recent study by the IIHS and the Children's Hospital of Philadelphia that reviewed U.S. crashes between 2007 and 2012.

Texas A&M AgriLife Extension Passenger Safety and Texas A&M AgriLife Extension Community Health Educator, Kay Rogers, from Dallam & Hartley Counties, reminds parents and caregivers to keep children under age 13 properly buckled up and in the back seat to increase their chances of surviving a crash.




Follow these best practice recommendations to keep children riding safely:

1. All infants and toddlers should ride in a rear-facing car seat until they are at least 2-years-old; or until they reach the highest weight or height allowed by the manufacturer of their child safety seat.
2. Children who have outgrown the rear-facing weight or height limit for their car seat should use a forward-facing seat with a harness for as long as possible — up to the highest weight or height allowed by the manufacturer.
3. All children whose weight or height is above the forward-facing limit for their car seat should use a belt-positioning booster seat until the vehicle lap-and-shoulder seat belt fits properly. Typically, this happens sometime between 8 and 12 years of age.
4. When children are old enough and large enough to use the vehicle seat belt alone, they should always use lap-and-shoulder seat belts for optimal protection.
5. Remember: All child passengers under age 13 should ride securely restrained in the back seat, where they are safest — every trip, every time.

Path to Youth Development.....

Dallam & Hartley Counties

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Permian Fair entries due to our office	2 	3 Decorate the float for the XIT parade, 10-11am, Extension Office	4 4-H Float in XIT Parade
5	6	7	8	9	10 All other live-stock fair entries due to our office (Permian Basin due on the 1st) FOOD FIGHT AT THE TRI-STATE FAIR SIGNUPS due to our office	11  4-Hers will be promoting the 4-H program!
12	13	14 Gold Star, Danforth Interviews, Extension Office	15 4-H Enrollment opens on 4-H Connect ... If you are a 3rd grader, DO NOT ENROLL UNTIL SEPT. 1!	16	17	18 4-H Enrollment Party, (swimming) 6:30pm, Twisted Elms
19	20	21	22	23	24	25  4-H Booth will be sharing the Ag. Product ID Contest
26	27	28	29	30	31	

DALLAM & HARTLEY COUNTIES 4-H, VOLUNTEERS NEEDED:

Club Managers

Leaders & Feeders Club
Near Green Scientists Club
Food & Nutrition Project Leaders
Food Fight at the Fair
Food Challenge

ANY PARENT OR COMMUNITY MEMBER INTERESTED IN INVESTING IN THE YOUTH OF 4-H IS ENCOURAGED TO REACH OUT TO THE EXTENSION OFFICE! 806-244-4434, BAILEE.WRIGHT@AG.TAMU.EDU
401 DENROCK AVE.

 Dallam & Hartley 4-H invites you to...

Path to the Plate

a free tasting of dishes made from crops grown in Dallam or Hartley Counties

All food has been donated by local producers. Mingle with these producers and learn more about our local food source while you enjoy the food!

September 8th • Noon

Rita Blanca Coliseum
Dathart, TX
RSVP 806.244.4434



Organized by Dallam & Hartley 4-H and AgriLife Extension

Stay for the 4-H Achievement Banquet



Every 4-H Member will be awarded and the 2017-2018 year's successes will be celebrated!

September 8th, 2018

12:45-1:45

Rita Blanca Coliseum

Dallam & Hartley Counties Events

4-H Enrollment Party
6:30pm
Twisted Elms
Swimming



If you are interested in 4-H, now is the time to get involved! We have a lot of upcoming projects and activities! Check the Dallam & Hartley County 4-H Facebook page or call **806.244.4434** for more information!

Path to Protection..... Food Safety

FARMER'S FOOD SAFETY MARKET

Shopping at a farmer's market is a great way to get locally-grown, fresh fruit, vegetables, and other foods for you and your family.

Follow these guidelines to ensure that your farm-fresh food fruits and vegetables are safe.

AT THE MARKET

Shop early in the day for the best selection.

Check the vendor's stall environment for cleanliness.

Check produce for damage.

Is produce kept out of the sun?

Does the stall have a hand-washing station? Or sanitizer?

ASK THE FARMER/VENDOR

How long have you been farming?

Where is your farm located?

When was the produce harvested?

Do they test their irrigation water?

Do they use raw manure? Composted manure?

Do they follow a food safety program?
If so, are they audited by a third party?

AT HOME

Refrigerate within two hours.

Be especially careful with produce grown on or near the ground and eaten raw.

Wash produce before peeling and eating.

Shopping at a farmer's market is a great way to get locally-grown, fresh fruit, vegetables, and other foods for you and your family.

As these markets have grown more popular, we've been getting questions about the safety of the foods purchased there. Many markets have their own food safety rules, and vendors must comply with them, as well as any applicable government regulations. But, there are also basic guidelines that you should follow to ensure that the farm-fresh food is safe. If food safety concerns are keeping you from enjoying the bounty of a farmers market, look no further. We've got the answers to some questions you may have about shopping at a farmers market.

Do I need to take the same, less, or more precaution when buying produce from a farmers market versus a supermarket?

The same precautions should be taken when buying produce from a farmers market as when you make similar purchases at the supermarket. Whether a farmers bounty is sold at the grocery store or the supermarket, farmers must follow United States Department of Agriculture (USDA), Food and Drug Administration (FDA) and the United States Environmental Protection Agency (EPA) safety regulations to grow and harvest crops.

Safe food handling is an important practice for consumers no matter where they buy their fruits and veggies. Dr. Judy Harrison, professor at the University of Georgia, states, "It is important to remember that whether food is grown in your own back yard or whether it is grown thousands of miles away, it must be handled in a way that keeps it safe all the way from the farm to your table."

Will fewer pesticides be used on fruits and vegetables bought at farmers markets versus ones bought at supermarkets?

Farmers markets and supermarkets offer an assortment of conventionally and organically grown produce. Both organic and conventionally grown produce are safe and are nutritionally equivalent and both use pesticides for pest management. Additionally, there is also no safety or nutritional advantage in buying produce from the farmers market versus the supermarket.

Dr. Harrison explains, "You can find foods in the supermarkets grown by both conventional and organic methods. It is important for consumers to remember that just because produce is organic, that does not mean that no chemicals have been used in production. There is a list of allowable chemicals that can be used in organic production...Buying organic is an option and a personal decision. Is it the only way to have safe food?"

TEXAS A&M AGRI LIFE EXTENSION

"Panhandle Path to Healthy Living" is a Family Community Health Information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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TEXAS A&M AGRILIFE EXTENSION SERVICE
Dallam & Hartley Counties
401 Denrock Ave.
Dalhart, TX 79022

Postage

Return Service Requested

Kay Rogers is a Family and Community Health Agent with Texas A&M AgriLife Extension **Dallam & Hartley** Counties. Family and Community Health helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities.

FCH focuses on topics such as child and adult health, nutrition, child care, financial management, passenger and community safety, and building strong families. Our goal is to encourage lifelong health and well-being for every person, every family, and every community. <https://dallam.agrilife.org>

Path to Plate.....

ZOODLES AND GRILLED ROSEMARY-HONEY CHICKEN

Ingredients

- 2 uncooked boneless chicken breasts
- 1/4 cup + 1 Tbsp. Nature Nate's Raw & Unfiltered Honey, divided
- 2 cloves garlic, very finely chopped
- 2 cups spiralized zucchini
- 2 Tbsps. olive oil
- 3 Tbsps. white balsamic vinegar
- 4 large basil leaves, very finely chopped
- 1/2 cup sliced cherry tomatoes
- 2 Tbsps. toasted pine nuts



Directions

Preheat grill to medium heat.
Salt and pepper chicken breasts.
Whisk together 1/4 cup honey and garlic, baste chicken with honey mixture.
Grill, basting with honey, until chicken is cooked through.
Allow to cool slightly before slicing.
In a large bowl, toss zucchini noodles with 1 Tbsp. honey, olive oil, vinegar, basil and tomatoes.
Serve topped with sliced chicken.
Garnish with pine nuts, salt and pepper to taste.