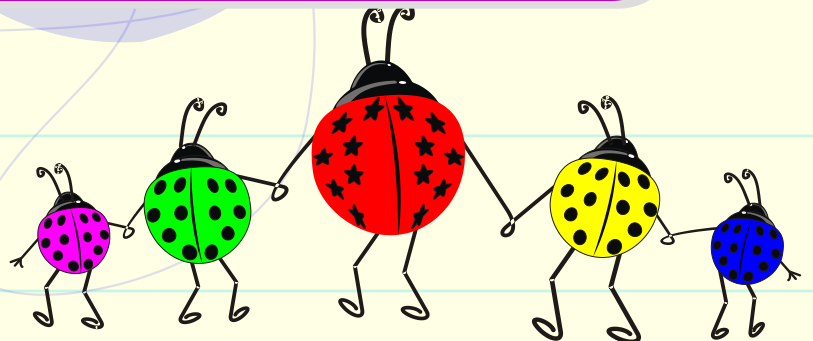


August 2022 Newsletter

Zavala County

Important Dates:

- | | |
|------|---|
| 8/01 | Sheep and Goat Tag Ordering for Major Shows |
| 8/12 | Vida Salud Health and Wellness Expo |
| 8/15 | Deadline to Order Tags |
| 8/15 | 4-H Member Enrollment |



4- H Member Enrollment

- ◆ 4-H member enrollment will begin August 15th
- ◆ Please stop by the Zavala County Texas A&M AgriLife Extension Services
221 N 1st Ave
Crystal City, Tx 78839

Sheep and Goat Tag Ordering for Major Shows

Attention Students and Parents:

- ◆ Tag ordering for sheep and goat will begin August 1st @ the Zavala County AgriLife Extension Services office.

221 N 1st Ave
Crystal City, Tx 78839

Price: \$17.00
CASH ONLY

Deadline to order tags: August 15th

Upcoming 4-H Club Meetings

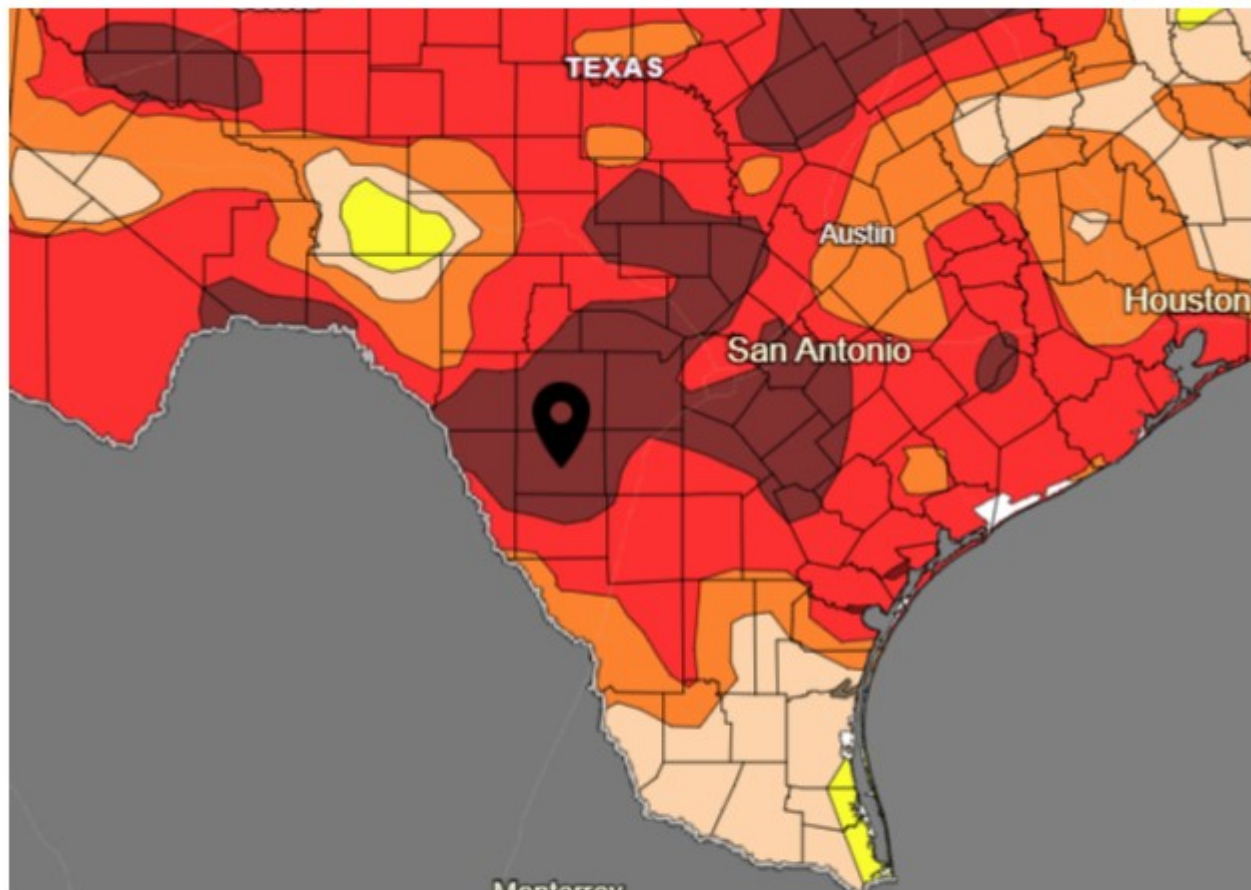
Crystal City 4-H Club:

Monday, August 8, 2022 @ 6:30 PM

Batesville 4-H Club:

Thursday, August 4, 2022 @ 6 PM

U.S. Drought Monitor



U.S. Drought Monitor for Zavala County



Source(s): NDMC, NOAA, USDA
Updates Weekly - 07/26/22

[Drought.gov](https://drought.gov)



D0 - Abnormally Dry

- Producers begin supplemental feeding for livestock
- Planting is postponed; forage germination is stunted; hay cutting is reduced
- Grass fires increase

100.00%
of Zavala
County
(D0-D4)



D1 - Moderate Drought

- Dryland crops are stunted
- Early cattle sales begin
- Wildfire frequency increases

100.00%
of Zavala
County
(D1-D4)



D2 - Severe Drought

- Pasture conditions are very poor
- Soil is hard, hindering planting; crop yields decrease
- Wildfire danger is severe; burn bans are implemented

100.00%
of Zavala
County
(D2-D4)



D3 - Extreme Drought

- Soil has large cracks; soil moisture is very low; dust and sand storms occur
- Row and forage crops fail to germinate; decreased yields for irrigated crops and very large yield reduction for dryland crops are reported
- Need for supplemental feed, nutrients, protein, and water for livestock increases; herds are sold

100.00%
of Zavala
County
(D3-D4)



D4 - Exceptional Drought

- Exceptional and widespread crop loss is reported; rangeland is dead; producers are not planting fields
- Seafood, forestry, tourism, and agriculture sectors report significant financial loss
- Extreme sensitivity to fire danger; firework restrictions are implemented

100.00%
of Zavala
County
(D4)

TVMDL Keeping Cattle Hydrated and Healthy During a Drought

By TVMDL, The Texas A&M Veterinary Medical Diagnostic Laboratory protects animal and human health through diagnostics. An agency of the Texas A&M University System, TVMDL comprises two full-service laboratories, in College Station and Amarillo, and two poultry laboratories, in Center and Gonzales

Drought conditions can create two deadly dangers for your herd: water deprivation and water (salt) intoxication. Poor water quality will worsen these conditions.

Water deprivation

High temperatures combined with a lack of fresh water or green forage can lead to dehydration and death. During a drought, a poorly managed herd may lack access to enough fresh water to stay adequately hydrated.

To remain healthy in hot weather, a 1000-pound heifer may need to drink about 20 gallons each day. The lack of rain may also lead to far less forage growth. In normal years, green forage may provide some of the daily water requirements for a grazing cow. In drought years, forage becomes much drier and the amount of water available from forage is much less.

To avoid water deprivation, make it a daily priority to ensure water is readily available to your cattle. Check the pumps that draw water from your wells. Make certain your troughs and tanks contain water. If you use nipple waterers in your barns, be certain that they are working properly

When working your cattle, avoid holding them for long periods in pens that lack water sources and do not work them in the heat of the day.

Also, be sure your cattle know where to find their water. Cattle are creatures of habit. If their preferred tank or trough dries up, they may ignore other, distant watering points in their pasture. Show them where to find water.

When you introduce cattle to new pastures, drive them to the troughs or tanks. Make sure your weaned calves know where to find water. Watch your cattle to make sure your cattle are drinking adequately.

Water (salt) intoxication

When cattle become excessively dehydrated, sodium levels will increase in all tissues, including the brain. If dehydrated cattle find water and drink too much too quickly, the liquid will rush to their brains. As the pressure builds in their brains, the cattle may develop instability or seizures, or may die. This is known as water (salt) intoxication.



TVMDL Keeping Cattle Hydrated and Healthy During a Drought

Continued...

Salt intoxication does not mean the animal is getting an excessive load of salt, but rather the sodium concentration is increasing in the body because the animal is deprived of adequate water.

If your cattle become dehydrated, they need to drink water immediately – but only in small amounts. If the trough is empty, put a few inches of water in the bottom.

Let all of your cattle drink at once to create competition for the water. Then repeat several times with about 30 minutes between each watering until their thirst is satisfied. This helps to assure that they all get enough water without drinking too quickly. Monitor their water intake. Keep it gradual.

Poor water quality

Hot summer days take their toll on ponds and tanks. As water sources dwindle during a drought, the water may become concentrated with salt and other inorganic materials.

Unpalatable water may cause cattle to avoid troughs or tanks, leading to deprivation and dehydration.

Test your water for high concentrations of sodium, calcium, nitrates, magnesium salts and sulfates. If concentrations are high, you will need to find new sources of fresh water.

Warm stagnant water may also encourage the growth of blue-green algae, some of which are toxic. The algae often concentrate on the downwind side of a pond.

If you find dead rodents, birds, or fish along the downwind side, it may indicate the presence of blue-green algae that could harm your cattle.



However, you may find no dead wildlife to provide you with clues to the danger. The first indication could be one or more dead cattle.

Even during a drought, toxic weeds may thrive along the edges of a water source. Look along the shorelines of tanks and ponds for toxic weeds, like small headed sneezeweed or knotweed. You should control your livestock's grazing to avoid toxic weeds.



TEXAS A&M AGRILIFE EXTENSION

BETTER LIVING FOR TEXANS

By: Carissa Munoz BLT Agent

Back to School Success

The start of the school year is an exciting time for many! Research shows that eating a healthy diet and participating in physical activity can help learning skills, attitudes, concentration, and attention which is not only helpful for students in the classroom but adults too. Educators, students, staff, and caretakers are all part of the new school year, and it is important that we practice several healthy back to school habits for a healthy and active school year.

Eat Right!

It is recommended that we eat more fruit and vegetables, whole grains, lean protein, and low-fat dairy while limiting our intake of saturated fats, sodium, added sugars, and refined grains.

Get Active!

Young people 6-17 years old should participate in at least 60 minutes of physical activity every day while adults should do at least 150-300 minutes of physical activity every week. Start by keeping track of your family's and your physical activity. Additionally, it is important to note the amount of time you spend sitting and in front of a screen (computer, phone, TV, etc.).

TEXAS A&M AGRI LIFE EXTENSION

BETTER LIVING FOR TEXANS

Recipe of the Month Recipe and photo source:

<https://www.myplate.gov/myplate-kitchen/recipes>

Speedy Burritos

These potato and egg burritos are great for breakfast, lunch, or dinner. Enjoy with your favorite fruit.

Serves: 9

Ingredients:

1 chopped onion 1 teaspoon black pepper

1 red or green bell chopped pepper ½ teaspoon salt

4 cups finely chopped potatoes 1 tablespoon vegetable oil

3 pressed or finely chopped garlic cloves ½ cup shredded cheddar cheese

2 beaten eggs 9 whole wheat tortillas

hot sauce or salsa as needed

Directions:

1. In a large skillet, heat oil on medium-high setting. Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes.

2. Reduce heat to medium setting, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble until cooked. Mix potatoes and all ingredients together once eggs are cooked.

3. Divide filling between tortillas and top with cheese and salsa.

Nutrients Per Serving: 184 calories, 5 g total fat,

1 g saturated fat, 41 mg cholesterol, 341 mg sodium,

29 g carbohydrates, 3 g fiber, 2 g total sugar, 0 g added sugar, and 6 g protein



July Recap



8th Annual La Pryor

&

5th Annual Batesville

Southwest Texas Regional
Back to School Health Fair

July 29, 2022



TEXAS A&M AGRI LIFE EXTENSION

Contact Information :

Zavala County Office

Office: (830) 374-2883

Fax: (830) 374-3351

zavala-tx@tamu.edu

Leslie Dominguez

County Extension Agent - Agriculture and Natural Resources

- Agriculture and Natural Resources
- County Extension Agent (CEA)

(830) 374-2883

leslie.dominguez@ag.tamu.edu

Carissa Munoz

Extension Agent - Better Living for Texans

- Extension Agent

(830) 374-2883

carissa.munoz@ag.tamu.edu

Mariana Vargas

Administrative Assistant/Office Manager

- Office Manager
- Support Staff

(830) 374-2883

mariana.vargas@ag.tamu.edu

