



Free Hay Testing-Cherokee County Hay Show

A great and easy way to get your hay tested for free is to enter either a square bale or a large trash bag full of hay in our annual Hay Show and Sale. You will be provided with a detailed analysis of your hay crop. Hay sample must be produced in Cherokee County.

Testing results will be given during the Annual Hay Show & Sale held on Tuesday, October 25th at the Cherokee County Exposition Center in Jacksonville.

Dinner will begin at 6 p.m. and with the auction starting at 7 p.m. The Grand Champion and Reserve Champion hay along with the blue ribbon hay will be auctioned during this event. All proceeds of this event will go to benefit the youth of Cherokee County. The funds raised from the benefit auction will be used to support the Scholarship program, which benefits the youth of Cherokee County. To date \$217,000 have been awarded to the youth of Cherokee County through the funds raised at the Cherokee County Hay Show and Auction.

Hay entry drop off locations are at the Extension Office in Rusk, Hicks Farm and Ranch in Alto, Farm and Ranch Feed in Jacksonville, Steele's Feed & Seed in Troup and Tri County Livestock Market in New Summerfield.

The deadline for entering hay samples is September 9th. For more information, contact Aaron Low at 903-683-5416 or arlow@ag.tamu.edu.

TERO CE AGRILIFE NEWS



4-H Headlines

Kaitlyn Slover, Cherokee CEQ-4-H/YD kaitlyn.slover@ag.tamu.edu

Welcome everyone to the 2022-2023 4-H year! I hope everyone has had a fun and relaxing summer. In the next few weeks, club meetings will be starting back, so make sure to start setting goals and focusing on the results you want to achieve. I am so excited to meet everyone and get all things 4-H going! Let's make this 4-H year the best yet!



Join us in creating 4-H opportunities for more youth by inviting four more youth into the 4-H program so they can find their spark! We are challenging each member, alumni and volunteer to reach out and invite four members to join 4-H. We have many new and exciting opportunities for all youth in Cherokee County! So who will you invite?



14th Annual East Texas Show Star Series

Beef, Lamb, & Goat Clinic Saturday, November 12, 2022 Rusk County Youth Expo Center Henderson, Texas

Check-in 7-8 a.m.

Limit 1 Species

Rule, Registration, & Contact info https://agrilife.org/etsss/



\$25 per exhibitor by 11/5 \$50 On Site Registration

Barns open at 4 p.m. on Friday, November 11th

No Out Of State Livestock
Bring Own Shavings
Generators Encouraged

The members of Texas A&M AgriLife will provide opportunities in programs regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. The Texas A&M University System, U.S. Department of Agri-culture, and the County Commissioners Courts of Texas Cooperating.



\$15,000 in prizes and buckles!

Steer, Heifer, Goat, and Lamb Show Sunday, November 13, 2022

> Rusk County Youth Expo Center Henderson, Texas

Check-in 6:30-7:30 a.m. Weight Cards due by 8 a.m.

\$50 per animal Guaranteed 2 Rings

Limit 1 Species

Cattle - 8 breed format

No Out of State Livestock

Judges:

Sheep/Goats - Dr. Jeff Ripley

Dr. Billy Zanolini

Cattle - Dr. Joe Mask Carl Muntean

Rules, Registration & Contact Info https://agrilife.org/ etsss



Bring Own Shavings * Generators Encouraged
Show Supply Trailer On Site

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CREATING OPPORTUNITY FOR ALL KIDS







4-H is for YOU!

4-H Enrollment

4-H Enrollment starts August 15th! All enrollment is done via the NEW 4HOnline 2.0. You can access 4HOnline 2.0 by going to https://v2.4honline.com/#/user/sign-in. If you had a family profile in the old 4-H Connect System, that log in information will be the same in the new 4HOline 2.0. The website link will not change either.

A youth that is 8 years old and going into the 3rd grade must wait until September 1st to enroll for correct fees to be charged.

To maintain the level of programming and opportunities in the Texas 4-H and Youth Development Program, an annual participant fee is implemented for each 4-H member (excluding Clover Kids). The participant fee is \$25 if enrolled from August 15th to October 31st, November 1st the participant fee will increase to \$30.

Please do not worry if you are still pending at the county level once you have enrolled. The county office will try to keep up as best as we can by approving them at least once a week. As long as you complete your enrollment, you are in the system and good for enrollment and 4-H requirements. Enrollment dues must be paid by an electronic payment.

For instructions on how to enroll, please visit: https://texas4-h.tamu.edu/4honline/

All volunteers who enroll will be charged \$10.00. This covers your screening for the year. All volunteers will have to re-enroll each year. Club Managers must enroll ASAP!

If you have further questions, please contact the County Extension Office at: 903-683-5416

4-H Age/Grade Requirements

Texas 4-H membership eligibility will be based on SCHOOL GRADE and not age. The eligibility rules and guidelines are:

Youth may participate in 4-H year from September 1st of grade three through August 31st following completion of grade twelve, with these age restrictions:

Minimum age - 8 (as of August 31, 2022 and in the 3rd grade)

Maximum age - 18 (as of August 31, 2022)

4-H Member Categories

Juniors: Grades 3, 4, and 5

Intermediates: Grades 6, 7, and 8

Seniors: Grades 9, 10, 11 & 12



Aaron Low • Cherokee CEA-Ag/NR • arlow@ag.tamu.edu



Breakfast CEU Series

Those in need of CEUs for their TDA

Pesticide License can join us each month for

our Breakfast CEU Meetings. Each meeting will be a "Dutch treat" breakfast and those in attendance will receive one hour of pesticide CEU credit.

There will be a one-time \$10 fee for attending the yearlong Breakfast CEU Series.

The following dates, times and locations have been set. (Please note the 7 a.m. start time for the August meeting.)

August 16th 7:00 a.m. Miss Mollie's Diner, Alto Sept 20th 6:30 a.m. Beverly's Café, Jacksonville October 18th 6:30 a.m. Cherokee Co Ext Office, Rusk

Hay considerations during these difficult, dry times.

While visiting with local producers in my part of the state, it appears that hay production is at about 25% of normal. Granted, 25% of normal would be very welcomed in areas that are drier then we are, but 25% of normal in a region that gets an abundance of rain is drastic.

Looking forward with anticipation, or perhaps dread, at winter feeding and stocking rates, it is important that we that one strongly evaluates the anticipated hay needs and purchases.

Let's keep it simple, we'll just look at quantity and quality of hay purchased. The quantity of hay needed is often simplified to "I need three bales of hay per cow to get through my winter". While this has worked for some who have been at it for years. Likely they know their specific winter pasture growth, as well as the size and quality of bales that they can expect from their suppliers. Now that knowledge probably won't work well this year.

It should be stated that folks that buy hay 'by the ton' are already where we all should be. When you purchase hay by the ton then one really does not care what size the bale is. If you stack a flatbed trailer with 4X4's or 5X6's, purchasing by weight is the smartest way to go.

Thus, for the many cattlemen still buy hay by the bale, it seems a nearly impossible task to eyeball a bale of hay and determine the quantity and quality of hay that's within it. To make it more difficult, you must match the asking price to the other going prices for hay. It truly is a

daunting task.

To help us get a better idea of the volume of hay in a bale, let us use some basic equations that we learned in geometry in high school. A round bale is nothing more than a cylinder. The volume of a cylinder is measured as 3.14 times the radius squared times the height of the cylinder (V= π R2 x H). If we apply that to a 4X4 bale of hay, we come up with a volume of 50.27 cubic feet. If you take that same formula and apply it to a 5 by 5 bale of hay, then you come up to 98.18 cubic feet. Yes, the 5X5 bale is double the volume of a 4X4.

For those who are interested and the remainder of the common bale sizes, here are the basic bale sizes: 4X4 = 50.27; 4X5 = 78.54; 4X6 = 119=3.10; 5X5 = 98.18; and a 5X6 = 141.37.

But quantity has nothing to do with the quality. There is all manner of methods that I've heard producers use in the field to determine the quality of hay. There are even 4-H and FFA competitions for hay judging. In these competitions we look at the color, the amount of bloom or seedheads, freedom from weeds, and any factors such as mold, bleaching, or other foreign material present.

So how do we drill down and quickly determine the protein content or the protein or total digestible nutrients in a bale? We have some wonderful university laboratories that can test hay that only takes a week or two.

Yet let us imagine you are looking at hay to purchase. You could not expect the seller to hold on to the hay for a couple of weeks for a university lab result. But I bet you could ask for a sample of the hay to send off. I've asked to take a sample a couple of times and have had tested results the next day.

Consider using a commercial forage testing laboratory with a quick turnaround. I have used Dairy One, located in Ithaca NY, as a commercial forage testing laboratory. While Dairy One may not guarantee same day test results, their turn around time is quite impressive. As mentioned previously, I have twice sent a sample to Dairy One, paying for overnight delivery, and have had the results emailed to me the next day. This quick turn around allows for a quick hay purchasing decision.

Looking ahead, there are several variables that will determine how beef producers will withstand increasing cost of doing business and the climate that affects the very ability we have of raising cattle. Let us keep a sharp eye on the costs of conducting business.

USDA Reminds Livestock Producers of Available Drought Assistance

Contact: Joshua Coleman joshua.coleman@usda.gov

COLLEGE STATION, Texas, July 21, 2022 – USDA's Farm Service

Agency (FSA) reminds drought-impacted producers that they
may be eligible for financial assistance through the Emergency

Assistance for Livestock, Honey Bees, and Farm-Raised Fish

Program (ELAP) to cover above normal expenses for hauling
water or feed to livestock or hauling livestock to forage or
grazing acres.

"Severe and widespread drought conditions are having a catastrophic impact on crops, grazing acres, livestock and agricultural operations statewide," said Kelly Adkins, State Executive Director for FSA in Texas. "Livestock producers should check in with FSA to request available ELAP assistance to help offset the above normal economic impacts of providing water, feed and forage to carry livestock through these extremely harsh weather conditions."

For eligible producers in qualifying counties, ELAP provides financial assistance for:

- the transportation of water to livestock;
- the above normal cost of mileage for transporting feed to livestock; and
- the above normal cost of transporting livestock to forage/ grazing acres.**Hauling livestock one-way, one haul per animal reimbursement and no payment for "empty miles."

Eligible livestock include cattle, bison, goats and sheep, among others, that are maintained for commercial use and located in a county where qualifying drought conditions occur. A county must have had D2 severe drought intensity on the <u>U.S.</u>

<u>Drought Monitor</u> for eight consecutive weeks during the normal grazing period, or D3 or D4 drought intensity at any time during the normal grazing period. Producers must have risk in both eligible livestock and eligible grazing land in an eligible county to qualify for ELAP assistance.

Transporting Water

For ELAP water transportation assistance, producers must be transporting water to eligible livestock on eligible grazing land where adequate livestock watering systems or facilities were in place before the drought occurred and where water transportation is not normally required. ELAP covers costs associated with personal labor, equipment, hired labor, and contracted water transportation fees. Cost of the water itself is not covered. The ELAP payment formula uses a national average

price per gallon.

Transporting Feed

ELAP provides financial assistance to livestock producers who incur above normal expenses for transporting feed to livestock during drought. The payment formula excludes the first 25 miles and any mileage over 1,000 miles. The reimbursement rate is 60% of the costs above what would normally have been incurred during the same time period in a normal (non-drought) year.

Transporting Livestock

ELAP provides financial assistance to livestock producers who are hauling livestock to a new location for feed resources due to insufficient feed or grazing in drought-impacted areas. As with transporting feed, the payment formula for transporting livestock excludes the first 25 miles and any mileage over 1,000 miles. The reimbursement rate is 60% of the costs above what would normally have been incurred during the same time period in a normal (non-drought) year.

An <u>online tool</u> is now available to help ranchers document and estimate payments to cover feed and livestock transportation costs caused by drought. <u>Download the tool</u> and view the <u>demonstration</u> video.

Reporting Losses

For calendar year 2022 forward, producers must submit a notice of loss to their <u>local FSA office</u> within 30 calendar days of when the loss is apparent. Producers should contact FSA as soon as the loss of water or feed resources are known. For ELAP eligibility, documentation of expenses is critical. Producers should maintain records and receipts associated with the costs of transporting water to eligible livestock, the costs of transporting feed to eligible livestock, the costs of additional feed purchases, and the costs of transporting eligible livestock to forage or other grazing acres.

Additional Drought Assistance

ELAP assistance is also available to producers impacted by wildfire. Contact the local FSA office for more information on ELAP resources for wildfire losses. Additionally, beekeepers can benefit from ELAP provisions and should contact their county FSA office within 15 calendar days of when a loss occurs or is apparent.

FSA is now accepting applications for the <u>Livestock Forage Disaster Program (LFP)</u> to provide financial assistance to eligible producers for 2022 grazing losses due to a qualifying drought or fire. The deadline to apply for 2022 LFP assistance is Jan. 30, 2023.

More than 200 Texas counties have met the drought severity levels that trigger LFP eligibility for the 2022 program year. For LFP, qualifying drought triggers are determined using the <u>U.S.</u>

<u>Drought Monitor</u>. A list of LFP eligible counties and grazing crops can be found on the FSA Texas webpage.



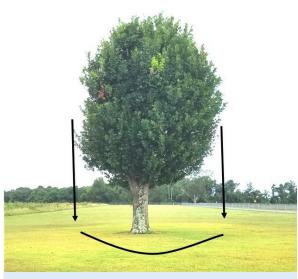
Garden of Learning

Cherokee County Horticulture Newsletter





"I'm so glad I live in a world where there are Octobers." — L.M. Montgomery, Anne of Green Gables



The drip line is where the water drips off of the canopy

It is crucial now to water the trees in your yard closest to your home. Stress from the current drought will bring on insect and disease problems which can spell the end for your trees, and the trees closest to home can pose a safety risk as they begin to drop limbs and potentially die.

There are several ways to address that water need, but first you need to be sure there are no watering restrictions. Once you assess the status of laws and restrictions then you can move forward with choosing your methods.

The primary desirable area for water is near the drip line (where the water drips off of the canopy when it rains.) Three feet on either side of the drip line is where the most active feeder roots are, so this is where the focus should be for water application. Methods for applying the water include drip irrigation with emitter heads, soaker hoses, water hoses, sprinklers (try not to let the spray hit the trunk of the tree,) and even 5-gallon buckets with

holes drilled in the bottom.

Basically any method of providing water that can soak

into the top 4 to 6 inches of the soil. A slow soak is the goal.

How often is always a big question, and the answer is variable. The bare minimum for mature trees would be once a month but there will still be drought stress. More frequent watering is preferable to reduce stress. For newly planted and immature trees, more frequent watering is a must. Potentially as often as 3 times a week, but your soil type and water salinity impacts that need. Soils with higher clay levels retain water better and may need less water weekly for new plantings. Water that has higher salinity levels can be a problem so less frequently would be better—perhaps only once a week.

Grey water is an excellent source of irrigation water if you are able to capture or divert it, as is rainwater when we get some! If you don't have a rainwater catchment system, I recommend looking into it. They are fairly easy to install, especially if you already have gutters. Find more information in these publications: https://agrilifeextension.tamu.edu/rainwater-basics/ and https://aggie-horticulture.tamu.edu/earthkind/files/2010/10/rainwater.pdf

If you have questions or would like to discuss specific irrigation or gardening concerns, feel free to call your local extension office. For Cherokee County, please call 903-683-5416 or email me at kim.benton@ag.tamu.edu.

Exciting Education Series! A YEAR IN THE LIFE OF GARDENING

Plan for your gardening needs. The 2nd Monday of every month, 6:30-7:30pm at the Annex Building in Rusk—165 E 6th Street.

Topics include:

Sep 12- Fruit Trees and Nut Care

Oct 10 - Winter Prep

Nov 14 - Native Plants

Program is available both in person and via Zoom. Contact the Extension Office for information about registering each month to receive the Zoom link.

Prior months Zooms are available on YouTube at: https://www.youtube.com/channel/
UCjtLDiejSMklRiygECJiLig

Demonstration Garden

Did you know that there is a jewel hidden in the Ruth B Nichols Arboretum? It is the Cherokee County Master Gardener Demonstration Garden. Raised beds that provide vegetables for HOPE, a keyhole raised bed for herbs, a native bed, perennial bed, butterfly garden and more. A beautiful place for a peaceful lunch and great pictures.





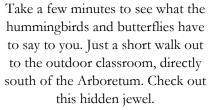














Upcoming CCMGA Events:

October 22nd—Fall Plant Sale and Scarecrow Trail, Arboretum, Jacksonville February 3rd—Cherokee County Seed Swap (the first Friday in February, annually)

Jan-March 2023—Master Gardener Training

Cherokee County Master Gardener Association meetings are the 2nd Monday of every month, 9:30am, at First United Methodist Church in Jacksonville. Those meetings are open to the public and you are welcome to come by and say hello.



Stephanie "Amy" Walley

Cherokee Family & Community Health Agent stephanie.walley@ag.tamu.edu



Hello all, I hope you have had a wonderful summer and had a chance to do some canning out of your gardens, and try some new recipes this summer. We have spent time in the kitchen here at the office with some of our 4H kids making biscuits and dog treats. They have also been practicing up on their sewing skills. We have had several canning classes along with other types of food preservation and are looking forward to starting our fall programs.

I attended a Child Passenger Safety Seat Training in June, so watch for upcoming car seat events around Cherokee County. This has also allowed the office to become a "Fitting Station" by appointment only. For more information, you may contact the office at 903-683-5416. The Passenger Safety Project at the Texas A&M AgriLife Extension Service works to reduce deaths and injuries from motor vehicle crashes by increasing the use of child restraints and safety belts. The project's emphasis is on increasing the correct use of child safety seats across Texas.

September 18-24, 2022 is Child Passenger Safety (CPS) Week. To support CPS week, I will be doing seat checks that week at the office. Call to set up an appointment!



The mission of the Texas Extension Education Association, Inc. is to work with the Texas A&M AgriLife Extension Service to strengthen and enrich families through educational programs, leadership development, and community service.

As the Family Community Health Agent for Cherokee County, I cannot tell you how important this group is they help to educate, volunteer their time, and support our Extension program's. For more information can go to teea.tamu.edu and If you are interested in joining a TEEA group or starting a group in your community please contact the office at 903-683-5416.

Easy Chicken Pot Pie

Makes: 6 Servings

Ingredients

1 2/3 cups frozen mix vegetables1 cup cooked chicken
1 cup baking mix
1/2 cup milk
1 cup cream of chicken soup

1 egg



- 1. Wash hands and any cooking surfaces.
- 2. Pre-heat oven to 400°F.
- 3. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
- 4. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
- 5. Bake 30 minutes or until golden brown.
- 6. Let cool for 5 minutes and serve.



Nutrients: 250 Calories, 11g Total Fat, 12g Protein, 26g Total Carbohydrate, 5g Sugars

A Doctor's Perspective on Intermittent Fasting

As a family medicine physician, I am blessed to help treat patients of all ages and back grounds on a day-to-day basis. Treating chronic conditions such as diabetes, hypertension, and obesity to name a few, is a common theme at my practice, as it is across the country.

While the advances in medications and treatments have grown exponentially over the past century to a level that is truly remarkable, there is such a thing as too much of a good thing. I routinely come across medical charts with medication lists that can take up an entire page, often times ordered by numerous well-meaning prescribers from a vast array of medical specialties. The fact of the matter is when there are too many chefs in the kitchen, you are going to burn something, whether from treatment complications, medication costs, or just the daily burden of taking countless tablets and capsules all day. Taking pointers from any well-run restaurant, that Instagram worthy entrée delivered to your table that you ordered required a thought out and procured grocery list, clean equipment, and a full staff at each station with their own roles and responsibilities to prepare and cook it. The key aspect of that entire chain of events is the order. Without it, there is no recipe or plan. Yes, as healthcare providers we may make suggestions for what the night's special is, but we are serving you. It's your meal, your body, your choice.

Forgive me on the cheesy kitchen and food puns, but the old adage, "you are what you eat" is truer now than ever. Your diet is crucial to your overall health and well-being. Regardless of all the medications and treatments available, they are not magic pills or tricks and even with an active lifestyle, you cannot out run a bad diet.

So how do you choose what to order on an endless menu? If an apple a day keeps the doctor away, in the dieting world of Intermittent Fasting, the better question is, when do you eat the apple?

Intermittent fasting is not starvation, it is a controlled, voluntary eating regimen. While there are countless books and articles written on the topic recently, it is in fact a relatively ancient practice. Furthermore, you already do it to a degree. Each morning you "break your fast" with breakfast. This is a form of time-restricted eating. You are fasting for roughly 6-8 hours each night. Intermittent fasting focuses on extending the duration of the fasting period. Without bogging down into gritty details of medical jargon and biochemistry, consider that the body has two separate engines to keep the body running. One engine burns fuel (glucose) that is readily available, but has a small tank that you have to frequently refill. The other is used as a back-up that burns stored fuel (ketones/fats) for when you are not near a fuel pump. The more frequent and longer use of that secondary engine, the easier it starts and more efficient it runs.

Intermittent fasting has been shown to not only help with weight loss, but improve blood sugar/diabetes, lower blood pressure, lower cholesterol, and decrease risks of certain cancers amongst numerous other benefits; all of which help decrease the dependence on prescription medications and frequent doctor visits. First and foremost, while generally a safe practice, intermittent fasting is not for everyone and does have it's pitfalls and risks, so discuss with your healthcare provider on what would work best for you. Different approaches and plans work for different people.

A few tips and strategies

- · Keep it simple and go slow. Start with decreasing meal portion sizes and avoid over eating during your window to eat. Instead, try frequent, small meals and healthy snacks.
- · Stay hydrated! Water and lots of it, not all at once but continually throughout the day. Adding herbs and citrus to can help with flavoring.
- · Avoid sugary drinks or drinking your calories altogether. You can have coffee or tea but skip on the sugar and cream.
- · Try using bone both as well. Think of it as chicken noodle soup...without the chicken or noodles. It is full of protein, minerals, and electrolytes. It's more "hearty", so by sipping on it can help control those hunger cues and help you extend your fast a little longer each day. Can be bought in individual servings or easily made at home.

When it comes to choosing what's for dinner or making lifestyle changes in general, you need to begin with the end in mind. What is your overall goal? Weight loss? Controlling blood pressure? Successful aging and longevity? Taste? Defining your goals and what is important to you allows for formulating a plan and setting milestones. All of which help you stay on track and increase your chances of finding that secret recipe for success, health, and happiness.

August

16 Breakfast CEU Series, Miss Mollie's Diner—Alto

September

- 1 First Day of 2022-2023 4-H Year
- 2 Cherokee County 4-H Barn Dance, Cherokee Co Expo—Jacksonville
- 5 CEO Closed—Labor Day
- 9 Entry Deadline for Cherokee County Hay Show
- 10 Let'Er Fly 3D Archery, San Augustine County
- CCJLS Queens Contestant & Chapter/Club of the Year Mandatory General Meeting 10
- CCMGA Meeting, First Uniter Methodist Church, Jacksonville 12
- 12 Canning Classes, Alto First Baptist Church
- 12 A Year in the Life of Gardening: Fruit Trees & Nut Care, CEO—Rusk or Zoom
- 18-24 Passenger Safety Week
- TBD 4-H CVLA (Parents & Leaders) Meeting

October

- 2-8 National 4-H Week
- TBD Gold Star Banquet
- 9 Cherokee County 4-H Awards Banquet
- CCMGA Meeting, First United Methodist Church, Jacksonville 10
- A Year in the Life of Gardening: Winter Prep, CEO—Rusk or Zoom 10
- 19 Cherokee County Hay Junior Judging Contest, Cherokee Co Expo—Jacksonville
- 22 CCMGA Fall Plant Sale & Scarecrow Trail Grand Opening, Rusk B Nichols Arboretum—Jacksonville
- 25 Annual Cherokee County Hay Show & Sale, Cherokee Co Expo—Jacksonville
- **TBD** 4-H CVLA (Parents & Leaders) Meeting
- TBD 4-H County Youth Council Meeting

November

- CEO Closed—Veterans Day 11
- 12-13 East Texas Show Star Series,
- 14 A Year in the Life of Gardening: Native Plants, CEO—Rusk, Zoom
- CCMGA Meeting, First United Methodist Church, Jacksonville 14
- 18 East Texas Beef & Forage Clinic, Henderson
- 24-25 CEO Closed—Thanksgiving Holiday

EAST TEXAS BEEF & FORAGE CLINIC

Friday, November 18, 2022
5 CEU Hours (Pending TDA Approval)
Rusk County Expo | Henderson, TX

Additional Information Coming Soon



Cherokee County Texas A&M AgriLife Extension Office | PO Drawer B | 165 East 6th Street #104 | Rusk, TX 75785 903.683.5416 | cherokee.agrilife.org | facebook.com/cherokeecotxext

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