

CALENDAR OF EVENTS

◇ Recipe of the Month: Zucchini Nachos

- **May 5: Water Well Screening - 8:30am to 10:00am Sample Drop Off Day**  
Pick up sample containers when they become available and return them before 10am on May 5 at HC Ext. *\$15 per sample.*
- **May 6: Quilters, 1:30pm, HC Ext.**
- **May 13: Master Gardeners Monthly Meeting, 11:30am, HC Ext.**
- **May 17: Walk Across Midway Event!, 9:00am, Smith Park.**
- **May 19: 4-H Monthly Meeting, 6:00pm, HC Ext.**
- **May 20: Quilters, 1:30pm, HC Ext.**
- **May 21: Senior Symposium, 8:00am Registration. 9:00am Program.**  
HC Extension. RSVP Required. *Free Program.*
- **May 26: Memorial Day - HC Ext. Closed**
- **May 31: Canning Workshop, 8:00am to 12:00pm, HC Ext. *Fee: \$20***
- **June 3: Quilters, 1:30pm, HC Ext.**
- **June 11: HEEA Monthly Mtg, 10:00am, HC Ext, Conference Room.**
- **June 14: Walk Across Texas - Celebration Event, 9:00am,**  
Oak Lawn Golf Course. *Free Event.*
- **June 16-18: Quilting Workshop - Save the Date!, 8:00am to 12:00pm, HC Ext.**
- **June 24: 4-H Grilling 101 - Save the Date!**  
9am to 12pm, Bear Creek Smokehouse. *Fee: \$15 & 2 Canned Goods*
- **June 25: Fall State Validation, 8:00am to 10am**
- **June 26: Fall State Validation, 4:00pm to 6:00pm**

*Harrison County AgriLife Extension = HC Ext.*

# ZUCCHINI NACHOS

## INGREDIENTS:

- 3 zucchinis, large, sliced
- 1 teaspoon ground cumin
- ¼ teaspoon chili powder
- ¼ teaspoon paprika
- ¼ teaspoon pepper
- ¼ teaspoon salt
- ½ pound beef flank steak, cooked and chopped
- ½ cup cheddar cheese, reduced fat, shredded
- ½ cup red onion, chopped
- 1 avocado, large, cubed
- 1 tomato, large, diced
- 2 jalapenos, diced
- ½ cup fresh cilantro

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1/6 Portion of Nachos (293g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
<b>Saturated Fat</b> 2.5g	<b>13%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
<b>Dietary Fiber</b> 5g	<b>18%</b>
<b>Total Sugars</b> 5g	
<b>Includes 0g Added Sugars</b>	<b>0%</b>
<b>Protein</b> 14g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 135mg	<b>10%</b>
<b>Iron</b> 2mg	<b>10%</b>
<b>Potassium</b> 837mg	<b>20%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## DIRECTIONS:

### Oven

- Clean your area and wash your hands before you begin.
- Preheat the oven to 400° F.
- Coat a large baking sheet with vegetable-oil cooking spray. Arrange the zucchinis in a single layer on the baking sheet.
- In a small bowl, mix the seasonings together and sprinkle the mixture over the zucchinis. Cook them in the oven for 5 minutes.
- Leaving the zucchinis on the baking sheet, add the steak, cheese, and onion. Cook them in the oven for about 10 minutes.
- Top off the nachos with the avocado, tomato, jalapenos, and cilantro.

### Air Fryer

- Clean your area and wash your hands before you begin.
- Set the air fryer to 350°F and preheat for 3 minutes.
- Arrange the zucchinis in a single layer on the air fryer basket/tray.
- In a small bowl, mix the seasonings together and sprinkle the mixture over the zucchinis.
- Cook them in the air fryer at 350°F for 5 minutes or until zucchini has softened.
- Leaving the zucchinis on the baking sheet, add the steak, cheese, and onion. Cook them for an additional 10 minutes. Repeat as needed.
- Top off the nachos with the avocado, tomato, jalapenos, and cilantro.

Recipes brought to you by:



DINNER TONIGHT

For more recipes and cooking tips, use the QR code or visit us at [dinnertontight.org](http://dinnertontight.org)

*Texas A&M AgriLife Extension is an equal opportunity employer and program provider.*





# Water Well Screening

## TEXAS WELL OWNER NETWORK

RESOURCES HELP LANDOWNERS PROTECT GROUNDWATER



The “Well Informed” Texas Well Owner Network (TWON) program is an educational program that gives well owners the opportunity to have their well water samples screened for common contaminants including fecal coliform, E. coli bacteria, nitrates, arsenic and high salinity. The screening of the water samples is followed by a 1-hour explanation of the results, water well protection practices and focuses on wellhead protection and recommendations for remediating well contamination.

### Well Informed Screening - May 5 & 8

- Harrison AgriLife Extension Office: 2005 Warren Drive, Marshall
- Gregg AgriLife Extension Office: 405 E. Marshall Ave, Suite 101, Longview
- Marion AgriLife Extension Office: 130 Kelly Park Road, Suite A, Jefferson
- Pick up sample containers prior to May 5 from above locations
- Sample drop-off 8:30—10:00 a.m. May 5 at above locations

#### Results & Interpretation meeting:

Thursday May 8 @ 6:00 p.m.  
Gold Hall  
101 Elm Street, Hallsville

The cost of each sample is \$15

For more information, call or email Joel Pigg: 979-321-5946 | [j-pigg@tamu.edu](mailto:j-pigg@tamu.edu)



Funding for the Texas Well Owner Network is through a Clean Water Act Section 319(h) nonpoint source grant provided by the Texas State Soil and Water Conservation Board and the U.S. Environmental Protection Agency. The project is managed by the Texas Water Resources Institute, part of Texas A&M AgriLife Research, AgriLife Extension and the College of Agriculture and Life Sciences at Texas A&M University.





# HARRISON COUNTY QUILTERS



# TEXAS

MASTER  GARDENER

TEXAS A&M AGRILIFE EXTENSION

**Monthly Meetings**  
**11:30am to 1:00pm**  
**2nd Tuesdays**





# WALK ACROSS TEXAS



Regístrese aquí

[REGISTER HERE](#)



## SPRING CHALLENGE 2025

### KICK OFF

**9:00AM \* DOWNTOWN MARSHALL**  
**SATURDAY, APRIL 12, 2025**

Inicio del evento  
9 a. m. - Centro de Marshall  
Sábado 12 de abril de 2025

### MID WAY EVENT

**9:00AM \* SMITH PARK**  
**SATURDAY, MAY 17, 2025**

A mitad del evento  
9:00 a. m. - Smith Park  
Sábado 17 de mayo de 2025

Celebración del evento

9:00 a. m. - Campo de golf Oak Lawn

Sábado 14 de junio de 2025

### CELEBRATION EVENT

**9:00AM \* OAK LAWN GOLF COURSE**  
**SATURDAY, JUNE 14, 2025**

Para registrar equipos de adultos

Código de liga

**TO REGISTER ADULT TEAMS: [HTTPS://HOWDYHEALTH.TAMU.EDU](https://howdyhealth.tamu.edu) \* LEAGUE CODE: WATL-250205-21498**

¿Tienes preguntas? Contacta a Louraiseal McDonald

**QUESTIONS? CONTACT LOURAISEAL McDONALD \* 903 935-8414 \* [LDMCDONALD@AG.TAMU.EDU](mailto:LDMCDONALD@AG.TAMU.EDU)**

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# Harrison County



4-H



## Come join the FUN

Starting September

### 4-H Meetings

2nd Tuesday of every month

@ 6:00 PM

Harrison County ArgiLife Extension Office

2005 Warren Dr

Marshall, TX 75672

(903) 935-8414



TEXAS A&M  
**AGRI LIFE**  
EXTENSION

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons 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 Agriculture, and the County Commissioners Courts of Texas Cooperating. Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in this meeting are encouraged to contact the County Extension Office at (903) 935-8414 one week prior to the meeting to determine how reasonable accommodations can be made.



**ALZHEIMER'S ASSOCIATION**

**TEXAS A&M  
AGRI LIFE  
EXTENSION**



*You're invited to our*

# **SENIOR SYMPOSIUM**

**May 21, 2025**

**Harrison County AgriLife Extension Office  
2005 Warren Drive, Marshall, TX 75672**

**Registration & Vendors: 8:00am  
Program: 9:00am to 12:00pm**

**RSVP: (903) 935-8414  
by May 16**

*Light Lunch Following Program*

If you need accomodation, we are happy to assist.  
Contact us at (903) 935-8414 by May 7.



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TEXAS A&M  
**AGRI**LIFE  
EXTENSION



# **CANNING WORKSHOP**

Hosted by: Harrison & Marion County

2005 Warren Drive

Marshall, TX 75672

**Saturday, May 31, 2025**

**9am-12 noon**

**Fee: \$20**

**RSVP deadline: Friday, May 23, 2025**

For more information: contact:

**Louriseal McDonald, Harrison CEA-FCH**

(903) 935-8414

or

**Doug Weir, Marion CEA-Ag/NR**

(903) 665-2421

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TEXAS A&M  
**AGRI**LIFE  
EXTENSION



# 4-H GRILLING 101

TUESDAY, JUNE 24, 2025

9AM - 12PM

**SAVE THE DATE**

**BEAR CREEK SMOKEHOUSE**  
10857 TX-154 MARSHALL, TX 75670

**AGES 8 - 18 \* REGISTRATION STARTS AT 8:30AM**

**PARTICIPATION FEE: \$15 & 2 CANNED GOODS  
TO BE DONATED TO MISSION MARSHALL**

**QUESTIONS ? (903) 935-8414 OR (903) 665-2421**



**AlcoAir**  
COOLING • HEATING  
PLUMBING

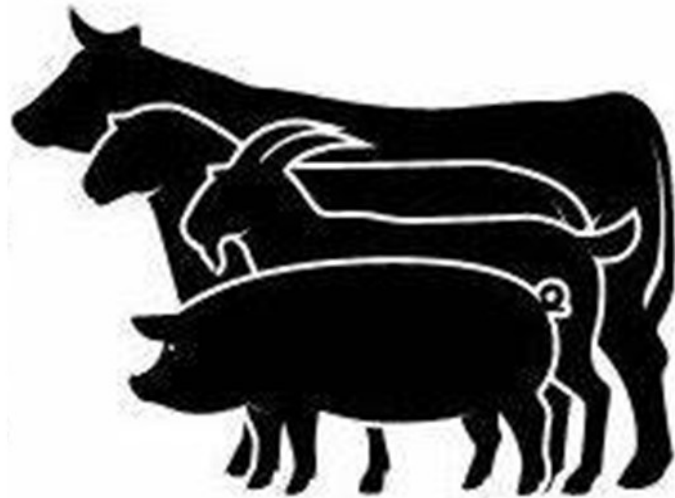
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# State Validation Fall 2025

**June 25: 8:00am to 10:00am**

**June 26: 4:00pm to 6:00pm**



5505 Elysian Fields Road  
Marshall, TX 75672