



# FABLOW AgriLife



FABLOW AgriLife is a multi-county collaboration between the Family and Community Health (FCH) Agents of Frio, Atascosa, Bandera, Live Oak, & Wilson County.



## WE SURVIVED SNOVID '21

*"Everybody has toilet paper now,  
but no toilet water"*  
*Welcome to 2021 y'all!*

## LEARN ABOUT OUR DIABETES PROGRAMS

FABLOW has TWO Free Virtual diabetes classes coming up! Wisdom Power Control- Tuesdays starting March 9 at 12 PM & Do Well Be Well- Wednesdays starting March 3 at 12 PM. Learn more about it on our podcast.

Check out the information below and register for a class!

*"I learned to see diabetes as challenge that I have to rise to each and everyday"*  
- Alex Reidy, PWD

### FABLOW AgriLife PODCAST



Episode 36:  
Diabetes  
Programs  
for March

4  
classes

### Wisdom, Power, Control

Multi-County  
Diabetes  
Virtual Program  
Frio, Atascosa, Wilson  
TEXAS A&M  
AGRI LIFE

2021

Learn how to  
manage your  
diabetes  
through food &  
exercise.

Learn more  
about  
medication,  
self-care, and  
more.

The Texas A&M AgriLife Extension Service  
is excited to offer free educational programs  
focused on managing type 2 diabetes  
through hands-on engaging activities.

Dates: March 9th, 16th, 23rd, & 30th

Time: 12:00 PM

Location: Online ZOOM Classes

To register:

<https://tinyurl.com/bycwp2vy>



Register by  
March 1st  
2021  
TEXAS A&M  
AGRI LIFE

### Do Well, Be Well with Diabetes

5  
classes

The Texas A&M AgriLife Extension Service  
is excited to offer this free educational  
program focused on managing type 2  
diabetes.

Dates: March 3, 10, 17, 24 & 31

Time: 12:00 PM - 1:00 PM

Location: Virtual Series on Microsoft Teams



To register:

[https://agrilife.az1.qualtrics.com/  
jfe/form/SV\\_eW3gH0ltPBM66uW](https://agrilife.az1.qualtrics.com/jfe/form/SV_eW3gH0ltPBM66uW)

Learn how to  
manage your  
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## EAT THE RAINBOW

"The color of fruits and vegetables is an important indicator of their nutrient content and their underlying health benefits" says Dr. Sumathi Venkatesh, a Health Specialist with Texas A&M AgriLife Extension Service. Each color implies specific phytonutrients present in them. Phytonutrients are natural compounds produced by plants that are present in foods such as fruits, vegetables, beans, and grains. A few notable phytonutrients that we get from these foods are beta-carotene, lycopene, lutein, resveratrol, anthocyanins, and isoflavones. Phytonutrients have antioxidant and anti-inflammatory properties. Consuming a diet rich in phytonutrients will improve blood circulation and heart health, promote bone and joint health, and strengthen the immune system to fight against infections and diseases.



By: Sumathi Venkatesh,  
Extension Program Specialist

### There are five main color groups:

- 1. Red** e.g., tomatoes, pink grapefruit, red peppers, watermelon, strawberries, cranberries, raspberries, cherries, red cabbage, apples, beets, red grapes, and red onions.
- 2. Orange and yellow** e.g., carrots, yellow pears, yellow peppers, corn, winter squash, sweet potatoes, oranges, peaches, cantaloupe, and apricots.
- 3. Green** e.g., asparagus, zucchini, artichokes, broccoli, avocado, green peppers, green beans, spinach, kale, kiwi, brussels sprouts, cabbage, green tea, and green herbs.
- 4. Blue and purple** e.g., eggplant, purple cabbage, black beans, blueberries, blackberries, purple grapes, plums, prunes, figs, and raisins.
- 5. White and brown** e.g., cauliflower, mushrooms, onions, parsnip, radish, garlic, leeks, black-eyed peas, and bananas.

### FRIO



Jocelin Villarreal - FCH Ext. Agent

County Events & Programs on  
<https://frio.agrilife.org/>

### ATASCOSA



Dru Benavides - FCH Ext. Agent

County Events & Programs on  
<https://atascosa.agrilife.org/>

### BANDERA



Jessica E. Faubion - FCH Ext. Agent

County Events & Programs on  
<https://bandera.agrilife.org/>

### WILSON



Nicole Demmer - FCH Ext. Agent

County Events & Programs on  
<https://wilson.agrilife.org/>

*"Wishin you a pot o' gold, and all the joy your heart can hold"*

FABLOW AgriLife has several resources you can benefit from - we excel when it comes to social media education, so make sure to check out our "FABLOW -US" content:

- **Podcast:** FABLOW AgriLife is on 11 different platforms (find us!)
- **Blog/Main Hub:** <https://fablowagrilife.weebly.com/>
- **YouTube & Pinterest:** FABLOW AgriLife (find us!)

Don't forget to wear green on March 17th (St. Patrick's Day)