

## Upcoming Events

- April 22: Good Friday—Office Closed
- May 7: Farmers' Market begins @ 6:30 am in Big Lots Parking Lot
- May 8: Mother's Day
- May 10: Senior Citizen Rally Day : VFW Hall Orange @ 9:00 am to 1:00 pm.
- May 17: Mini-Cooking class for Diabetes: Bridge City Senior Citizen Hall ; 2:00 to 4:00 pm
- May 23 to 27: Diabetes Class: Neighborhood Facilities Orange @ 1:00 to 3:00 pm
- May 30: Memorial Day—Office Closed
- Claybusters 4-H Shooting Sports: First Monday of each month
- Dusty Trails 4-H Meeting: 3rd Monday of each month @ 7:00 pm
- Texas Master Gardeners: 2nd Thursday of each month; 6:30 pm @ The Salvation Army Boys & Girls Club—Open to Public
- Texas Master Naturalist: On Even Months the Meeting is on the 3rd Thursday, 6:00 pm @ Gander Mountain—Open to Public
- Mighty Pirates: 2nd Tuesday of each month.



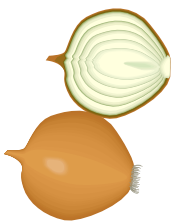
**FREE!!**

***Tuesday, May 10, 2011***

***Veterans of Foreign War (VFW) Hall***

***North Highway 87, Orange***

***9 a.m. till 1 p.m.***



**ORANGE COUNTY  
FARMERS' MARKET**

**Every Saturday**

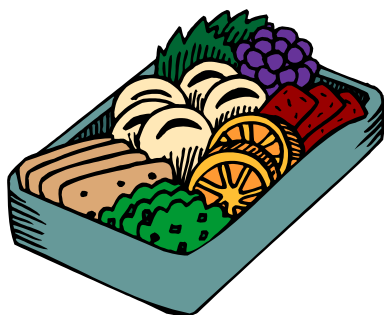
**6:30-10:00 a.m.**

**Pinehurst - in front of Big Lots**

**MacArthur Drive**

**Starts May 7, 2011**





***“Instead of snacking on cakes, pies and cookies laden with solid fats, try snacking on fresh fruit with low-fat yogurt.”***

## A Solid Eating Plan Does Not Include Solid Fats

The typical adult is eating and drinking, about 380 calories or more, each day in the form of solid fats. Intake of solid fats which include saturated fats, trans fat and cholesterol should be reduced. “Solid fats can be found naturally in some foods such as meat and milk. For this reason consumers are advised to select lean meats and to drink reduced fat or non-fat milk. Solid fat can also be added to food during processing and preparation such as shortening, margarine, butter or lard,” explains Dr. Sharon Robinson, Nutrition Specialist and Registered Dietitian with the Texas AgriLife Extension Service.

According to the 2010 Dietary Guidelines for Americans, when it comes to solid fats in the American diet the major culprits are: grain based desserts; pizza;

regular cheese; and sausage, franks, bacon and ribs.

Instead of snacking on cakes, pies and cookies laden with solid fats, try snacking on fresh fruit with low-fat yogurt. When having toast with breakfast, skip the spread, and opt for a small amount of jelly. These changes will not only help you to reduce your solid fat intake but they will help you to reduce your calorie intake as well.

When shopping for cheese, look for low fat. Compare frozen pizza products by comparing the Nutrition Facts labels for fat and choose the pizza with lower fat content. Likewise, use the Nutrition Facts label to select sausage, franks with lower fat content. Try turkey sausage and bacon.

## Keys to the Courthouse

**WELCOME TO**



Today, Texas operates under the Texas State Constitution of 1876. The county board is now called the county commissioners court. The county judge presides over the county commissioners court, which is made up of the judge and four commissioners. This is not a traditional court that tries criminal and civil cases. This court takes care of the administrative and financial functions in each

county. In addition to the elected county judge and county commissioners, each county typically has an elected county attorney, sheriff, tax assessor-collector, county clerk, district clerk, treasurer, justices of the peace, and constables. In addition, there may be statutory officers, such as the auditor and judges of the county courts-at-law.

Provisions from the American Disability Act will be considered when planning educational programs and activities. Please notify the Orange County Extension Office 5 days prior to event at 409-882-7010 if you plan on attending an Extension educational program and need specialized service. Educational programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, political beliefs or national origin. The Texas AgriLife Extension Service, the U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

**4-H****Results of YMBL Livestock Show**

The 4-H clubs have been very busy in recent months with the Houston and the YMBL Livestock shows. Two members participated in the Houston Show and twenty members participated in the Beaumont show. They worked very hard and spent a lot of time to prepare their animals for these shows. Congratulations to all of the participants.

**Grand Champion Swine—Madison Miller (Dusty Trails)****3rd Place Swine—McCartney Miller (Dusty Trails)**

21st Place Swine—Naomie Mitchell (Mighty Pirates)

26th Place Swine—Zachary Hester (Mighty Pirates)

**Grand Champion Lowline—Emily Bland (Dusty Trails)**

9th Place Steer—Zachary Hester (Mighty Pirates)

6th Place Goat—Peyton Logsdon (Mighty Pirates)

4th Place Roaster—Travis Isenhower (Mighty Pirates)

14th Place Roaster—Nathan Isenhower (Mighty Pirates)

10th Place Turkey—Cary Hester (Mighty Pirates)

15th Place Turkey—Justin Boswell (Mighty Pirates)

15th Place Rabbit—Justin Boswell (Mighty Pirates)

**Home Gardening Do's and Don'ts****Do**

- Apply preplant fertilizer to the garden in the recommended amount.
- Use mulches to conserve moisture, control weeds and reduce ground rots.
- Thin when plants are small.

**Don't**

- Plant so closely that you can not walk or work in the garden.
- Cultivate so deeply that plant roots are injured.
- Use chemicals not specifically recommended for garden crops.

***Don't water  
excessively or  
in late  
afternoon!!***

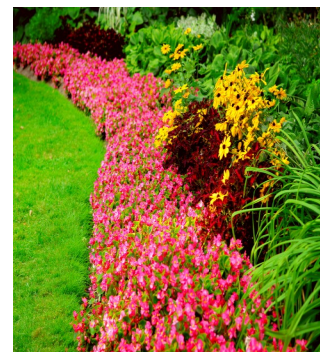
**Earth-Kind Roses**

Earth-Kind is a special designation given to select rose cultivars by the Texas AgriLife Extension Service through the Earth-Kind landscaping program. It is based on the results of extensive research and field trials and is awarded only to those roses demonstrating superior pest tolerance, combined with outstanding landscape performance.

Earth-Kind roses do well in a variety of soil types, ranging from well-drained acid sands to poorly aerated,

highly alkaline clays. Once established, these select cultivars also have excellent heat and drought tolerance.

The use of Earth-Kind roses provides the opportunity to enjoy these wonderful flowering plants while limiting the use of fertilizers, pesticides, and water. These sustainable practices are excellent examples of how Earth-Kind landscaping is working to preserve and protect our natural resources and the environment.



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*Improving Lives. Improving Texas.*

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4-H News

Home Gardening Do's & Don'ts

Earth-Kind Roses



## Baked Beef Chimichangas

1 pound lean ground beef  
1-1/2 cups picante sauce, divided  
1/2 cup shredded reduced-fat Mexican blend cheese  
1 teaspoon ground cumin  
1 teaspoon dried oregano  
6 (8 inch) whole wheat flour tortillas  
1 Tablespoon butter or margarine, melted

- Brown the ground beef; drain. In a small bowl, combine beef, 3/4 cup picante sauce, cheese, cumin and oregano. Spoon 1/2 cup mixture down the center of each tortilla. Fold sides and ends over filling and roll up. Place seam side down in a baking dish coated with cooking spray. Brush with melted butter.
- Bake, uncovered, at 375° F for 20-25 minutes or until heated through. Top with remaining picante sauce.
- Preparation Time: **20 minutes**
- Cook Time: **20 minutes**
- Serves: 6

Cost per serving: \$1.50

### Nutrition facts per serving

Calories: 269

Total Fat: 8 g

Cholesterol: 39 mg

Sodium: 613 mg

Total Carbohydrate: 31 g

Protein: 17 g

Fiber: 1 g

Serve with: Salad, Spanish rice or baked tortilla chips

FOR MORE RECIPES GO TO: <http://healthylthyliving.tamu.edu/>