

Upcoming Events

- December 22, 23, & 26: Office closed for Christmas Holiday.
- January 2: Office closed for New Year's Holiday.
- January 5, 12, 19, 26, Feb. 2, 9, 16, 23: Living Well Classes, Noon—1:00 pm, Baptist Orange Hospital, 5th Floor Classroom
- January 5, 12, 19, 26, Feb. 2, 9, 16, 23: Do Well Be Well Diabetes Classes, 5:30 pm—6:30 pm, Baptist Orange Hospital, 5th Floor Classroom
- January 24: Texas Master Naturalist Training classes begin.
- January 23 & 30: Food Managers Course, 9 am—4 pm, Raymond Gould Community Center, Vidor
- Claybusters 4-H Shooting Sports: First Monday of each month; January thru August/September
- 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.



2012 Do Well, Be Well with Diabetes



and Living Well Classes



See Page 3 for Schedules


**Merry Christmas
&
Happy New Year!**

Texas Master Naturalist Sabine-Neches Chapter

Hardin, Jefferson and
Orange Counties



You ask "What is a Texas Master Naturalist"?

Someone who loves to get their feet wet, their hands dirty while spending time in a natural setting along with learning about different plant and animal species.

New Classes start January 24, 2012

Visit our website at <http://txmn.org/sabine>

Or

Call our office at 409-882-7010

1st PLACE

Scarecrow Festival

1st Place

Club or Organization Division

2011

Chicago's Little Theater



After winning second place in the statewide volunteer project contest at the annual meeting, the Texas Master Naturalist Chapter now has a first place ribbon to add to the scrapbook. They won the blue ribbon for 1st place in the Club or Organization Division

Sea Rim Serena has captured the attention of visitors at Shangri La Botanical Gardens' Scarecrow Contest. A special thank-you to everyone who volunteered their time and talents putting Serena together.

Justice of the Peace—Justices of the peace preside over courts that have original jurisdiction in misdemeanor criminal cases punishable by fine only (such as traffic offenses). They preside over certain civil matters and small claims courts.

The following are elected county offices. Unless noted, all county officials are elected to 4-year terms. If an elected official is unable to complete his or her term of office, someone may be appointed to fill the office.



Constable—*Constables* are officers of the justice of the peace courts. They deliver subpoenas to witnesses, act as bailiff, execute judgments, and carry out other duties for justice of the peace courts.



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.



2012



Diabetes and Living Well Classes

Do Well, Be Well with Diabetes Classes are for Adults with Type 2 Diabetes.
 (\$20 per Person or \$35 per Couple)

All classes are being held at Baptist Orange Hospital
In the 5th Floor Classroom

Living Well Classes are for learning how to prevent diabetes and skills for healthy weight management.
 (Free)

DWBW Classes

January 5—February 23
 5:30 pm—6:30 pm

March 1—April 26
 (no class on March 15th)
 10:00 am—11:00 am

May 3—June 21
 Noon—1:00 pm

August 9—Sept 27
 5:30 pm—6:30 pm



Living Well Classes

January 5—February 23
 Noon—1:00 pm

March 1—April 26
 (No class on March 15th)
 5:30 pm—6:30 pm

August 9—September 27
 9:00 am—10:00 am

October 4—November 15
 Noon—1:00 pm

All classes are once a week on Thursday.

Pre-register by calling the Texas AgriLife Extension Office
 at
 409-882-7010
before the desired class date



Coordinated by
The Texas AgriLife Extension of Orange County
 11867 Highway 62 North
 Orange, TX 77632

Web site: <http://orange.agrilife.org/>



Hope for Health Expo & 5K Run/Walk

Thank you to all sponsors and
participants who made the
Hope for Health Expo and 5K a success!



5K Medal Winners:

Female Results

Overall Female Open Winner

Amanda Britnell

Age 10-19

- 1st Place: Brooke Manuel
2nd Place: Lauren Cox
3rd Place: Megan Brzezinski

Age 20-29

- 1st Place: Jamie Williams
2nd Place: Amelia Wiggins
3rd Place: Bridget Pilat

Age 30-39

- 1st Place: Catherine Droptini
2nd Place: Yvette Canales
3rd Place: Zulma Wolford

Age 40-49

- 1st Place: Kellie Fowler
2nd Place: Pam Cox
3rd Place: Sheri Dietz

Age 50-59

- 1st Place: Melanie Holland
2nd Place: Sylvia Rentz
3rd Place: Chandra Best

Age 60 and Over

- 1st Place: Mary (Beth) Dupree
2nd Place: Lynn Clark
3rd Place: Janice Kelly



Male Results

Overall Male Open Winner

Joe Melanson

Age 10-19

- 1st Place: Ben Theriac
2nd Place: Jordan Martin
3rd Place: John Clark

Age 20-29

- 1st Place: Joseph Lemaire

Age 30-39

- 1st Place: Brennan Dobbs
2nd Place: Jeremy Fermo
3rd Place: Shon Garrison

Age 40-49

- 1st Place: Samuel Conner
2nd Place: Jimmy Holland
3rd Place: Joe Nelson

Age 50-59

- 1st Place: Glenn Heil
2nd Place: Rick Barry
3rd Place: Carl Howlett

Age 60 and Over

- 1st Place: Joel Beckcom
2nd Place: Jimmy Matthews



Speaker:
Helen Phillips—
Season 7 Winner of
the Biggest Loser

**For complete results and pictures
at the event go to
www.hopeinorange.com**

Orange County 4-H To Make the Best Better

*Marie Kenney, BSA, County Extension Agent 4-H/Youth Development
makenney@ag.tamu.edu 409-882-7010*

4-H Community Service.....come on you can do it!

With the holidays quickly approaching no better time to get out into your community and give back. This can be done as a group or individually. The feeling of joy that you receive in doing this is priceless.

There are many different ways you can serve your community a few examples are:

- ♦ *Visit a nursing home, retirement center, hospital or someone who is homebound*
- ♦ *Volunteer at a local soup kitchen, they can always use the help*
- ♦ *Help out an elderly or handicap person with a chore they are not able to do*
- ♦ *Adopt a family and or child that is in need of help during Christmas*
- ♦ *Watch children for free so the parents can go Christmas shopping*
- ♦ *Make goodies to give away*
- ♦ *Visit a lonely neighbor*
- ♦ *Remember our active and non-active Military*

Remember the 4-H Pledge

I pledge...

my Head to clearer thinking,

my Heart to greater loyalty,

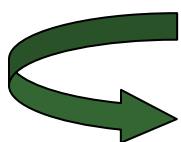
my Hands to larger service,

my Health to better living.

For my Club, my community, my country, and my world.

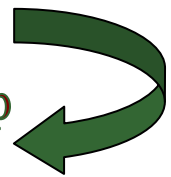


Don't Forget



Tag-In
Orange County Livestock Grounds
Swine, Lamb, Goat & F1
8am-10am
December 3

Turkey Pickup
YMBL Office
4pm-6pm
December 7



4-H CLUB NEWS

****Any child involved in shooting sports must have a parent/adult with them when shooting.**



Interested in Rifles?

Then come join TOP SHOTS 4-H SHOOTING SPORTS

You heard right! We have a new club ready to get started thanks to Club Manager Gary Beall. Gary received his certification in rifle in October and is eager to get the club moving. Boys and girls ages 9 to 18 are welcome to join. Contact Gary Beall at 409-670-3417 for further information.**



Maybe your Interested in

Shotgun?...join

CLAYBUSTERS 4-H SHOOTING SPORTS

Mark you calendars for the first Monday in January, that is when Claybusters begin meeting and start preparing for competitions. If you like to shoot shotguns and want to be a part of the shotgun shooting sports then contact Club Manager Louis Bazan 409-718-5580. Girls and boys age 9 to 18 are welcome to join. **



These Kids Need YOUR Help!

We have had numerous kids wanting to do Archery but they need a Club Manager to get started. A Club Manager will organize, guide and teach the children about Archery. A Club Manager, Leader or Volunteer does not have to have a child in 4-H. It is someone who enjoys volunteering with children. Anyone who is interested please contact the 4-H office at 409-882-7010. **



Home School 4-H Club

Hearts at Home 4-H is a club for home schooled children but not limited to home school only. The club will be hosting a December meeting. Once the date, time and location has been confirmed, letter will be mailed out. Anyone interested in attending, please contact the 4-H Office.

The club is eager to have new members. Call the 4-H office for more information.



Dusty Trails 4-H Club

December meeting will be held in conjunction with the Horse Committee Fundraiser Dec 17, 10:30 am to 3 pm at Tractor Supply in Orange. All are encouraged to come out and help. Monthly meetings are held the 2nd Monday of each month at 6:30 pm. The primary meeting location is the Mauriceville Fairgrounds Community Center in Mauriceville. Each month they try and have a different activity so the meeting location may vary. Notifications of meetings are mailed/emailed to members.



Mighty Pirates 4-H

Meet the 2nd Tuesday of each month at the Raymond Gould Community Center in Vidor. The club is still collecting gift cards for their 4-H Mom who has cancer. Donations can be brought to the 4-H Office in Mauriceville.



For additional information or questions contact the 4-H Office 409-882-7010

4-H NEWS IN AGRICULTURE



Youth exhibiting livestock (market and/or breeding) at major livestock shows in Texas starting 2012 will be required to have Quality Counts Verification.

Junior exhibitors will be required to pass an online test that measures their knowledge on quality assurance and character education content items. Verification is obtained by answering 80% of the questions correctly. Go to.....

[Http://qualitycounts.tamu.edu/verification/](http://qualitycounts.tamu.edu/verification/) create an account and take the test.

Send the 4-H office a copy of your verification number and keep it in a safe place. You will need it for all Major shows.

**December 7
Turkey Pickup
YMBL Office**



**December 13
Entry Deadline
Lambs, Goats,
Swine and FI's
At 4-H Office
Orange**

Bring box when picking up Poultry

**January 18 2012
Roaster Pickup
YMBL Office**

**February 15 2012
Broiler Pickup
Ford Park**

**January 27
2012
Rabbit Entry
Deadline at 4-H
Office Orange**

Poultry Pickup time 4 pm to 6 pm

4-H NEWS IN AGRICULTURE

Samson Gives to the Community



Samson is proud to announce that it has donated \$32,000 to the Orange County Livestock Association (OCLSA) for its facility improvements. The check was presented to Sabrina Gray, President of the OCLSA by Eddie Taylor and Hannah Taylor of Samson. The non-profit OCLSA plans to use the funds for a building to accommodate a bathroom, dressing area, concession stand and storage area. The OCLSA holds an annual livestock show and prospect show involving FFA and 4-H students from Orange county with the support of the community. “We are excited to be a part of this facility upgrade and look forward to working closely with the OCLSA. Samson focuses on giving back to the communities that we work in and this was a great opportunity to participate in the addition of facilities to these grounds,” said Kurt Primeaux. Samson Operations Manager of Gulf Coast Division. Founded in 1971, Samson is the largest privately held producer of natural gas in the United States. Headquartered in Tulsa, Oklahoma, Samson maintains division offices in Houston and Midland, Texas and Denver, Colorado.



4-H CONTEST & UPDATES



2012 Photography Contest

Rules and Guidelines

Some of the highlights for the 2012 contest include:

- ◆ Theme Category is TRAINS. This theme allows 4-H members to take photos of all types of trains. The train theme includes both real and model trains. Photo subject must be either the engine or train car. Photos of train accessories such as stations/depots, signs, tracks, etc are not allowed.
- ◆ STORY BOARD has been added back as a category.
- ◆ Formatting of photos has been simplified. In 2012 all photos must be able to be printed at a 300 dpi at a 3 X 5 inch size. Max memory size of 1.5MB.
- ◆ Both entry form and uploading of photos will all be done on 4-H CONNECT.
- ◆ Time period for entry will be from April 1, 2012 to April 15, 2012

To download a copy of the rules, visit the website at: <http://texas4-h.tamu.edu/>



4-H Recordkeeping System

- ◆ Instructions and training videos will also be available
- ◆ Three levels of record books: Junior, Intermediate and Senior
- ◆ Forms may be completed through online entry system (www.4hreports.com) or may be downloaded from the Texas 4-H Website
- ◆ Reference to 4-H objectives in the report form no longer required
- ◆ Photo captions no longer required
- ◆ Resume for Seniors no longer required
- ◆ Training material (both print and short video series) will be available to Counties for local trainings

Start now.....

Setting goals for projects/project work for the current year; taking pictures of project work and activities; keep journal/diary of project activities and summarized what was learned during these experiences.

Texas 4-H Recipe Rally—Summer Snacks

We are challenging our 4-H members to create and/or alter a recipe of their favorite healthy summer snack. Once you have your recipe perfected then make a video of you preparing the recipe. Once your finished upload your video to YouTube before Midnight, February 2, 1012. Email Courtney Dodd direct link to you video with the additional information requested.

Sample videos are available online at <http://healthyliving.tamu.edu>

For a complete list of rules and guidelines contact
Courtney Dodd—cfodd@ag.tamu.edu or 979-845-6533



4-H HORSE NEWS



Horse Committee BBQ Fundraiser
December 17, 2011 Tractor Supply in Orange
10:30 am to 3 pm

Meal Prices

Item	Individual	Combo w/Soda	Combo w/water
Link	\$2.00	\$3.00	\$3.50
Boudain	\$3.00	\$4.00	\$4.50
Chuck Beef Sandwich	\$3.50	\$4.50	\$5.00
Chips	\$0.50	included	included
Sodas	\$0.75	included	
Water	\$1.00		included

COME OUT AND ENJOY SOME GOOD FOOD AND HELP SUPPORT YOUR LOCAL 4-H

**28th Annual Montgomery County 4-H
Horse Judging Contest**
Saturday, January 7, 2012 Lone Star Expo Center



Check In: 7:30 am

Contest Starts: 9 am

Scholarships for Senior High Point and Reserve High Point
(Previous Winners are not eligible for scholarships)

ENTRY DEADLINE: December 23, 2011

ENTRY FEES \$50 per team by Dec 23 \$15 per individual by Dec 23 \$25 per person after Dec 23
\$25 entry fee for Adult Jackpot Judging cash at the contest

AGE DIVISION (as of August 31, 2011)

JUNIOR 3rd grade—age 10

INTERMEDIATE 11-13 years old

SENIOR 14-19 years old

TEAMS: 3 or 4 members **SCANTRONS:** will be provided

CLASSES: There will be 8 classes; a combination of halter and performance .Performance classes will run first. Reasons (Sr. 2 Required) Jr. & Intermediate 1 Optional

AWARDS: Individual 1st-10th and team 1st-6th awards will be given. Plaques for 1st place & jackets for Overall Highpoint

ENTRY FORMS ARE AVILABLE AT THE ORANGE COUNTY 4-H OFFICE

FOR ADDITIONAL INFORMATION CONTACT: Montgomery County 936-539-7823 or Sharon at 936-273-2043 or 936-760-5146

4-H NEWS



Are you proud
of Texas Agriculture?

Join the Movement and
share the enthusiasm and
impact of Agriculture in our
great state!

Texas Proud of Texas Agriculture

The mission of Texas Proud of Texas Agriculture is to build leadership in youth while helping them move forward with a common, unified message promoting the positives of agriculture across the state of Texas

This initiative stresses three key messages, all of equal importance, about Texas agriculture:

1. Agriculture is critical to the life of every Texan. Without it, we could not survive. Leaders in agriculture will help shape the future.
2. Agriculture is more than just food and clothing. It contributes to your home, health, life-style and economy.
3. America's farming and ranching families care about their animals and their land.

To learn more visit

<http://texasproudoftexasag.org/>

Checkout our newsletter online at
<http://orange.agrilife.org>



JOIN US ON OUR SOCIAL NETWORK

For the latest news between newsletters from Orange County 4-H and Youth Development join us on Facebook. Facebook is our way of keeping up to date and informed on the latest news, information and happenings from the county and state levels.

<http://www.facebook.com/OC4H.club>



Healthy Lifestyle Weight Loss Challenge Winners

1st
Place



Robert Smith



Robert was heavy and considered overweight starting in 1st grade. With a life of being unhappy and depressed he was then diagnosed with chronic leukemia in October, 2003. The medications that he was being treated with caused him even more weight gain and he hit 280 lbs. Since then he quit smoking cold turkey and has learned how to eat healthy with a higher protein diet. He allows himself some "cheat" meals on the weekends so that he doesn't feel like he is depriving himself. He exercises 3 to 5 days a week with aerobic and weight workouts and has lost 119 lbs so far.

Pamela Romero

2nd
Place



After being diagnosed with Type 2 Diabetes in July 2010 and at almost 400 lbs, Pamela decided she needed a major lifestyle change. She learned about controlling her diabetes by eating healthy. She learned the most important thing is portion control and staying away from the bad carbs. She also discovered that a good exercise program and support system are essential to success. She has lost 100 lbs and is determined to keep going.

Orange County Resident Wins Grand Champion Hay Sample



On Saturday, November 12, 2011 at the Southeast Texas Beef Symposium and Hay Show, Glenn Stephenson was awarded Grand Champion Hay Sample. He submitted his sample of hay and competed with many growers in the area. This is a great honor for Mr. Stephenson. Congratulations!



Texas Master Naturalist Program Project wins 2nd Place at State Meeting

**A Great Way to
Volunteer**

Just three short years since the inception of a new chapter of the Texas Master Naturalist Program for Hardin, Orange, and Jefferson counties, the Sabine Neches Chapter won second place statewide for their project, "Reclaiming a Park – Sea Rim State Park."

Additionally, Amanda Adair, park ranger at Village Creek State Park, and Dr. Roy Stanford, Orange County extension agent, were recognized as the outstanding team advisors for the Sabine Neches Chapter for their commitment and excellent leadership.

The chapter award singles out the group's project from the many submitted to the Texas Master Naturalist Annual State Meeting and is accompanied by a \$150 grant to be used toward future project implementation.

"We've worked hard this year as a chapter," said Jan Dicharry, a member of the Sabine Neches Chapter who has helped lead the Sea Rim project for the past year. "We are so excited to see our efforts pay off for Sea Rim, and this award is just extra."

At the beginning of 2011, the Sabine Neches Chapter of the Texas Master Naturalist program began hosting a year of opportunities for the community to get involved in helping the local state park restore the beach. The chapter has organized beach cleanups, dune restoration projects and sea grass planting, among other initiatives. The chapter continues to help the beach, including plans to install 4000 feet of sand fencing in November and to eventually help reintroduce the willow trees that were destroyed during Hurricane Ike.

As the storm surge retreated after the hurricane, the dunes that once protected the park from salt water inundation were washed away, leaving large gashes in the soft beach sand. Now, the salt water washes over the beach and into the marsh, changing the living conditions for the local animals and plants. The dune restoration project is very important considering that the occasional surges potentially threaten any future structures at Sea Rim State Park and the marsh's ecosystem.



Although a slow process, the dunes are beginning to heal with the help of newly planted grasses and hay bales placed to "catch" the sand.

Sea Rim State Park is open for day use, and guests can enjoy fishing, swimming, kayaking or canoeing, beach combing, bird watching, or hiking the Gambusia Boardwalk. The park has no facilities yet, so visitors need to bring plenty of water and any other supplies that they might need. The rebuilding of Sea Rim State Park is slated to begin this summer, but it will take several years to complete. In light of the state-wide budget shortfall, volunteers are needed more than ever to help our state parks.

The Texas Master Naturalist program develops a corps of well-informed volunteers who provide education, outreach, and service dedicated to the beneficial management of natural resources and natural areas in their community.

The next class training will start in January of 2012. Interested participants are encouraged to contact The Texas AgriLife Extension Office at 409-882-7010 or visit the chapter website at <http://txmn.org/sabine/>.



Sabine Neches Chapter
Texas Master Naturalist

P.O. Box 367

Orange, TX 77631

SabineNechesTMN@yahoo.com

<http://txmn.org/sabine/>

3 Easy Ways to Save on Food

Fewer shopping trips can help save on fuel and food costs

Consumers these days are feeling a crunch with rising gas and food costs. The Department of Agriculture predicts a 4% to 5% increase in food prices this year, nearly twice the rate for 2005. The largest increases are forecast for fats and oils, estimated to rise 8% to 9%, and cereals and bakery products, projected to jump 7.5% to 8.5%. Gas is already edging closer to \$4 per gallon. Here are 3 tips to help!

1. Shop less frequently

One way to save time and help lower costs is to shop less frequently. Fewer trips means less money spent on impulse decisions and less money spent on fuel and transportation costs to the store. This also saves you time.

2. Stock up on low cost frozen and pantry items especially when they are on sale

Food for the pantry and freezer have a much longer shelf life than refrigerated items. Frozen foods, canned goods and bulk pantry items also tend to be bulky and take more time to gather since you have to push the cart all over the store so it is more efficient to buy more of them rather than little bits each week if you can swing it. By stocking up a lot on freezer and pantry items at a discount store and when you see them on sale you can save a lot. This makes weekly shopping easier-you can dash in to the local market for a few fresh produce and dairy items.

Right now, with food costs rising, it makes sense to stockpile foods-buying now gets you today's prices.

And if you stock up on MyPyramid foods you are more likely to prepare and eat healthful meals at home instead of eating out. Foods prepared at home are often healthier and lower in calories than restaurant foods and you spend less for gas if you stay home as well.



3. Choose less processed foods

By purchasing items that are less processed you spend less money and get items that are healthier. For example, by choosing whole potatoes versus potato chips or frozen French fries, you save a lot of money per ounce. You also save fat, sodium and calories as well! Compare the price per ounce for these potato products:

➤ Baking potatoes	.06
➤ <i>Frozen French fries</i>	.13
➤ <i>Frozen Mashed potatoes</i>	.13
➤ <i>Instant mashed potatoes</i>	.21
➤ <i>Potato chips</i>	.32

The processed items (in italics) are at least double the price of the plain potatoes.

Here is a list of what to buy for the freezer and pantry based on MyPyramid:

Pantry	Freezer
Canned beans	Bread (whole grain)
Canned tomatoes & veggies	Chicken
Canned tuna	Egg whites or nonfat egg substitute in cartons
Fat-free dry milk powder	Fish & seafood (not breaded)
Jams	Fruits
Lentils	Lean meat
Oatmeal	Seafood
Pasta & whole grain pasta	Turkey
Pasta sauce	Vegetables
Peanut Butter	
Rice & brown rice	
Soups	

Marbled Pumpkin Cheesecake

16 servings

Active Time: 1 1/2 hours

Total Time: 5 1/2 hours (including cooling & chilling times)

Ingredients

Crust

1 cup gingersnap cookie crumbs, (about 20 cookies)

1 tablespoon canola oil

Filling

20 ounces low-fat cottage cheese, (2 1/2 cups)

12 ounces reduced-fat cream cheese, (1 1/2 cups), softened

1 cup sugar

4 tablespoons cornstarch, divided

1 large egg

2 large egg whites, or 4 teaspoons dried egg whites, reconstituted according to package directions

8 ounces reduced-fat sour cream, (1 cup)

1 1/2 teaspoons vanilla extract

1/4 teaspoon salt

1 teaspoon lemon juice

3/4 cup unseasoned pumpkin puree

3 tablespoons dark brown sugar

2 tablespoons unsulfured molasses

1 teaspoon ground cinnamon

1 teaspoon ground ginger

1/2 teaspoon freshly grated nutmeg

1/8 teaspoon ground cloves



Recipe found on
<http://www.eatingwell.com>

Preparation

1. Preheat oven to 325°F. Put a kettle of water on to heat for the water bath. Coat a 9-inch springform pan with cooking spray. Wrap the outside bottom of the pan with a double thickness of foil.
2. To prepare crust: Combine crumbs and oil in a bowl. Press into the bottom of the pan.
3. To prepare filling & bake cheesecake: Puree cottage cheese in a food processor until very smooth, scraping down the sides of the workbowl once or twice. Add cream cheese, sugar and 3 tablespoons cornstarch; process until smooth. Add egg, egg whites, sour cream, vanilla and salt; blend well. Measure 3 1/2 cups of the batter into a separate bowl; stir in lemon juice. To the remaining filling, add pumpkin, brown sugar, molasses, cinnamon, ginger, nutmeg, cloves and the remaining 1 tablespoon cornstarch; blend well.
4. Pour about 1 cup of the vanilla filling into the center of the crust. Then pour about 1 cup of the pumpkin filling into the center of the vanilla filling. Alternate the remaining fillings in the same manner; concentric circles will form as they spread. To create a marbled effect, gently swirl a knife or skewer through the fillings.
5. Place the cheesecake in a roasting pan and pour in enough boiling water to come 1/2 inch up the side of the springform pan.
6. Bake the cheesecake until the edges are set but the center still jiggles, about 50 minutes. Turn off the oven. Coat a knife with cooking spray and run it around the edge of the cake. Let stand in the oven, with the door ajar, for 1 hour. Transfer from the water bath to a wire rack; remove foil. Let cool to room temperature, about 2 hours. Refrigerate, uncovered, until chilled.

Tips & Notes

Make Ahead Tip: Cover and refrigerate for up to 2 days. | Equipment: 9-inch springform pan

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Or
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Orange, TX 77631
Phone: 409-882-7010
E-mail: orange-tx@tamu.edu

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Improving Lives. Improving Texas.

IN THE DECEMBER ISSUE:

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- OC Resident Wins Grand Champion Hay Sample
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- 3 Ways to Save on Food
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Turkey & Rice Casserole



Prep time: 20 minutes

Cook time: 30 minutes

Serves: 6

Ingredients:

1 1/2 cups cooked long grain rice

1 10-ounce package frozen chopped broccoli, thawed and squeezed dry

2 cups cubed cooked turkey

1/2 teaspoon ground black pepper

4 ounces (1 cup) shredded sharp Cheddar cheese

3/4 cup skim milk

1– 10 3/4-ounce can reduced sodium condensed cream of mushroom soup

20 buttery crackers, crushed

Directions:

Spray an 8-inch baking dish with non-stick spray.

Combine rice, broccoli, turkey, black pepper and cheese. In a small bowl, mix milk and soup until smooth; add to turkey mixture. Mix well. Pour into prepared pan and sprinkle with crushed crackers. Bake, uncovered, at 375 degrees F for 30-40 minutes or until bubbly and top is golden brown.