

Upcoming Events

- Feb 20: Aquaponics—Principles and Practices, 9:00 am—Noon, Orange County Convention & Expo Center.
- Feb 25: Green Thumb Series: Plant Propagation & Botany, 10:00 am, Texas A&M AgriLife Extension Office
- Feb 27: Demonstration on Swarm Traps for Bees, 10:00 am, Texas A&M AgriLife Extension Office.
- Mar 3: Office closed for Texas Independence Day
- Mar 6: Pond Management Seminar, \$10 per person, 6:00 pm, Texas A&M AgriLife Extension Office.
- Texas Master Gardeners: 2nd Thursday of each month; 6:00 pm @ The Orange County Convention and Expo Center-Open to Public
- Texas Master Naturalist: On even months the meeting is on the 3rd Thursday, 6:00 pm, The Orange County Convention and Expo Center-Open to Public



Come visit our website @:
orange.agrilife.org

Come see what is on our website including:

- **Information & Links**
- **Newsletters**
- **Upcoming Events**
- **And much more**

Small Acreage Horticultural Crops Seminar Series

The first class in the series is:

Aquaponics-Principles and Practices

February 20, 2014
9:00 am—Noon



**Swarm Traps for Bees
Demonstration**

Thursday, February 27, 2014

10 am

Plant Propagation & Botany

10:00 am

Tuesdays

February 25, March 4, March 18, March 25

Orange County Convention & Expo Center

11475 FM 1442

Orange, TX

LAWN MAINTENANCE GUIDE

FEBRUARY – EARLY MARCH



Mow lawn short to 1 1/2 inches in height and rake the clippings.

Begin mowing at regular intervals when grass starts growing. St. Augustine should be mowed at a height of approximately 2 inches. Avoid scalping by never removing more than 1/3 of the leaf blade with any single mowing.

TWO WEEKS AFTER GREEN-UP

Fertilize the lawn with a 3-1-2 or 4-1-2 nutrient ratio such as 15-5-10, 12-4-8, 16-4-8 or similar type. Do not over fertilize.

A soil test may be taken to determine if lime is needed. A general rule is to apply 8-10 lbs. of agricultural limestone or dolomite per 100 square feet every 3 – 4 years.

Broadleaf weeds should be sprayed in early spring when tender and actively growing. Wipe-Out, 33- Plus, Super Weed-No-More, Weed-Out or other products containing “trimec” are recommended.



Small Acreage Horticultural Crops Seminar Series

Aquaponics-Principles and Practices

February 20, 2014
9:00 am—Noon

Composting for the Small Acreage Producer

April 24, 2014
9:00 am—Noon

Grafting Vegetable Crops: Principles & Practices

June 19, 2014
9:00 am—Noon

**Programs are being held at the Orange County Community and Expo Center.
Please call the Texas A&M Extension Office to register at 409-882-7010.**

SPRING AND FALL VEGETABLE PLANTING GUIDE

Name of Crop	Inches Between Row	Inches Between Plant in	Spring Planting Dates	Fall Planting Dates	Approx. Days to Maturity
Beans (Bush)	18 – 30	3 – 4	March 5 to April	Aug 1 to Sept 20	50 -70
Beans (Pole)	24-30	12 - 18	March 1 to April 15		50 – 90
Beets	12-24	2 – 3	Feb. 1 to March 1	Sept. 15 to Nov. 1	60 – 70
Broccoli	24 – 30	12 – 20	Feb. 1 to Feb. 15	Aug. 15 to Oct. 1	70 – 100
Brussel Sprouts	24 – 30	12 – 20		Sept. 1 to Oct. 1	100 – 110
Cabbage	24 – 30	12 – 20	Jan. 15 to Feb. 15	Sept. 1 to Nov. 15	70 – 100
Carrots	12 -24	2	Jan. 15 to Feb. 15	Oct. 1 to Nov. 1	80 – 90
Cauliflower	24 – 30	12 – 20	Feb. 1 to Feb. 15	Sept. 1 to Oct. 1	80 – 100
Collards	12 – 24	6 – 12	Feb. 1 to Feb. 28	Sept. 1 to Oct. 1	60 – 90
Corn (Sweet)	24 – 36	8 – 12	March 5 to April 15	Aug. 1 to Aug. 15	80 – 100
Cucumber	36 – 48	18 – 36	March 15 to May 1	Aug. 15 to Sept. 20	60 – 80
Eggplant	18 – 30	18 – 24	March 1 to April 15		90 – 100
Garlic	12 – 24	2 – 4		Sept. 15 to Oct. 15	150 – 160
Kohlrabi	12 – 24	3 – 5	Jan. 15 to March 1	Sept. 15 to Oct. 20	65 – 85
Lettuce (Leaf)	12 – 24	2 – 3	Feb. 1 to April 2	Sept. 15 to Oct. 15	50 – 90
Mustard	12 -24	4 – 8	Feb. 15 to April 1	Sept. 1 to Nov. 1	40 – 50
Okra	30 – 40	18 24	April 1 to July 15		65 – 75
Onion (seeds)	12 – 24	2 – 3		Sept. 1 to Nov. 15	100 – 130
Onion (plants)	12 – 24	2 – 3	Jan. 15 to Feb. 15		90 – 130
Peas (English)	18 – 30	1	Jan. 10 – Feb. 15	Oct. 1 to Nov.1	65 – 105
Peas	24 – 36	3 – 5	April to May 20	Aug. 1 to Sept. 1	70 – 90
Pepper	24 – 36	18 – 24	March 1 to April		70 – 100
Potatoes (Irish)	24 – 36	8 – 12	Jan. 15 to Feb. 20	Aug. 15 to Sept. 1	90 – 110
Potatoes	30 – 36	10 – 14	April 1 to May 20		110 – 140
Radish	12 – 24	1	Feb. 1 to April 15	Sept. 1 to Oct. 15	35 – 50
Spinach	12 – 24	3 – 4	Jan. 1 to Feb. 15	Sept. 1 to Nov. 1	50 – 70
Squash	30 – 40	14 -30	March 20 to May 1	Aug. 1 to Sept. 1	60 -70
Tomato	24 - 40	18 – 30	M March 1 to April	July 15 to Aug. 1	80 – 100
Turnip (Greens)	12 – 24	2 – 3	Jan. 15 to March 15	Sept. 1 to Oct. 15	40 - 70

Recommended Vegetable Varieties for Orange County

Roy Stanford, County Extension Agent-Agriculture and Natural Resources

Asparagus– Jersey Giant, UC-175 & UC-72

Bean

Bush– Blue Lake, Early Contender, Goldcrop Wax, Greencrop, Improved Golden Wax, Jumbo, Tendercrop & Topcrop

Lima– Dixie Speckled, Dixie White, Florida Speckled Pole, Henderson Bush, Jackson Wonder Bush, King of the Garden Pole, Sieva or Carolina

Pinto-Ul 114

Pole-Dade, Kentucky Wonder, Romano Gold

Shell-Dwarf Horticultural & French Horticultural

Beet-Pacemaker II & Ruby Queen

Broccoli-Green Comet, Premium Crop & Southern Comet

Cabbage-Rio Verde, Ruby Ball, Sanibel, & Savory King

Carrot-Imperator 58 & Nantes Half Long

Cauliflower-Snow Crown & Snow King

Celery-Utah 52-70

Collards-Blue Max & Georgia Southern

Corn-Kandy Korn, Summer Sweet, Mirai, Merit, Silver Queen & Sweet G-90

Cucumber– Carolina, Burpless, Dasher II, Sweet Slice & Sweet Success

Eggplant-Black Beauty, Black Magic, Classic, Dusky, Florida Hibush, Florida Market, Neon, White Cloud & Zebra

Lettuce-Buttercrunch, Mission, Prizehead, Red Sails, Ruby Red, Salad Bow & Parris Island

Cantaloupe-Ambrosia, Magnum 45, Mission, Perlita & TAM Uvalde

Okra– Clemson Spineless, Emerald & Lee

Potato-Kennebec, Norland & Red LaSoda

Summer Squash-Dixie, Elite, Multipik, Patty Pan, Senator, St. Patrick & Zucco

Turnip-Royal Globe



For a complete listing of all the varieties for Orange County, contact the Extension office at 882-7010 or go to our website at <http://orange.agrilife.org>

Diabetes During Cold and Flu Season

It's that time of year again-coughs, colds and the flu! Being ill can have a strange effect on your blood sugar (glucose) levels. Here are simple rules to follow when you become sick:

1. Check your blood sugar (glucose) levels about every 3-4 hours.
2. Substitute sick-day foods for normal foods if you have nausea or vomiting. Talk with a dietitian about which sick day foods would be good for you. Try to keep soup, rice or frozen fruit bars in your kitchen, especially during cold and flu season.
3. Drink a lot of caffeine-free liquids. Drink non-diet liquids to prevent hypoglycemia if you have taken your diabetes medicine and you are vomiting.
4. Always take your normal dose of insulin or diabetes pills, even if you're not eating normally. If you use insulin, your doctor might prescribe a higher dose, and if you use diabetes pills, your doctor might prescribe insulin as a supplement.
5. Keep on hand sick day medications that have been approved by your doctor. People with diabetes should not take some over-the-counter medications because they have sugar in them, and they could raise your blood glucose level.

CALL YOUR HEALTH CARE PROVIDER IF:

- * You have been sick for 1-2 days without getting better
- * You've been vomiting or have had diarrhea for more than 6 hours.
- * You lose 5 pounds or more.
- * Your temperature is over 101 degrees.
- * Your blood glucose is lower than 60 mg/dl or remains over 300 mg/dl.
- * You're having trouble breathing.
- * You've taken insulin and your glucose levels are over 240 mg/dl after 2-3 doses of additional insulin or below 60 mg/dl.
- * You've taken diabetes pills and your pre-meal blood glucose is 240 mg/dl or higher for more than 24 hours.
- * You feel sleepy or can't think clearly. Have someone call your health care provider or take you to the emergency room.

Diabetes Education Classes are for Adults with Type 2 Diabetes.

\$20 per person (Scholarships available)

**2014 Do Well,
Be Well with Diabetes**

**DON'T
IGNORE
DIABETES**

Classes held at
Texas A&M Agrilife Extension
Office Classroom
11475 Hwy 1442 Orange

**MUST call to reserve seating, 882-7010
Texas A&M AgriLife Extension Office**

1 Hour Sessions are held once a week on Tuesdays for 9 weeks

Feb 4 thru April 1 9 am - 10 am

June 3 thru July 29 6 pm - 7 pm

Aug 5 thru Sept 30 6 pm - 7 pm

It is important to attend all classes to receive the full educational benefit.

**TEXAS A&M
AGRI LIFE
EXTENSION**

Coordinated by Texas A&M AgriLife
Extension of Orange County.
Web site: <http://orange.agrilife.org/>

Baptist

Hospitals of Southeast Texas
Orange Hospital
Performing Good Work Every Day

4-H NEWS



FREE to Attend

**Swarm Traps for Bees
Demonstration
Thursday, February 27, 2014
10 am**

**Texas A&M AgriLife Extension Office
11475 South FM 1442 Orange**

Come learn about attracting swarming bees. Trapping bee swarms is one of several methods of obtaining bees for honey production.

Why Raise Honeybees?

Why is raising honeybees important? Honeybees sustain our lives. They pollinate at least 80% of our food crops. They also pollinate alfalfa which is needed in our beef and cattle industries. Honeybees are also amazing insects. They have the innate ability to work together, working constantly for the progress of the hive. In the process they make our gardens healthy and beautiful. They also produce honey and bees wax. There are several ways to get bees to get started. You can purchase 'package bees', recover bees from locations where they are not wanted, and purchase queens. For anyone interested in raising bees, an easy way to get bees for free is through the use of swarm traps. We will be demonstrating swarms traps and discussing pros and cons of various methods.





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*

DUSTY TRAILS

Meets the 2nd Monday of each month at 7 pm

Club will meet at the 4-H Office on Hwy 1442. 4-H Office 882-7010

CLAYBUSTERS SHOTGUN SHOOTING SPORTS

Meets on Tuesday's at 6 pm

Club meets at the Orange Gun Club. John Bilbo, Club Manager 779-1115

MIGHTY PIRATES

2nd Tuesday of each month

Club meets at the Vidor Community Center

Kathy Hester, Club Manager 790-8835

2014 South Texas State Fair

- **The South Texas State Fair will be held on March 27-April 6, 2014**
- **Rabbit entry deadline—February 4, 2014**
- **Breeding Beef entry deadline—February 4, 2014**
- **Livestock Judging deadline—April 5, 2014**
- **Quilt Show entries—March 31 & April 1, noon to 6 pm only.**
- **Photography entries - March 13, 2014**
- **Please be sure to read the general and special rules and guidelines as well as the rules for your specific animal/project at www.ymbbl.org**



4-H SCHOLARSHIP NEWS

TEXAS FARM CREDIT SCHOLARSHIP OFFERED TO 4-H MEMBERS

Wendy Swift, swift@texasfcs.com

Texas Farm Credit has established an agricultural scholarship program in honor of Marsha Pyle Martin, a Paris, Texas native, who served as chairperson and Chief Executive Officer of the Farm Credit Administration until her death in 2000. Marsha was recognized as the first female senior executive in the Farm Credit Bank of Texas, as well as the first woman to serve as director of the Farm Credit System Insurance Corporation. A lifelong advocate for farmers, ranchers, and rural America, Martin spent more than 30 years working in agriculture and agricultural finance. Each year, AgriLand is pleased to continue her legacy by offering post-secondary scholarships in Marsha's name to future agricultural leaders. This year will mark our 14th Scholarship Program.

Texas Farm Credit awards five, one-time scholarships in the amount of \$2,000 each. All scholarships are awarded without regard to race, color, religion or sex.

Selection of Scholarship recipients

Scholarship recipients are selected on the basis of the following

- Academic achievement and honors
- Demonstration of leadership
- Participation in school and community activities
- Nomination letter
- Statement of goals and aspirations

Application Process

In order to be eligible, student applicants must:

- Reside inside of Texas Farm Credit's territory
- Be nominated by a school guidance counselor, teacher, or administrator
- Be accepted to a junior college, university or college
- Declare an agricultural related field of study
- Furnish an official high school grade transcript.

Deadline for submission is April 1, 2014. For an application and list of eligible counties, please contact Wendy Swift with Texas Farm Credit at 903-617-5355 or via email at 2swift@texasfcs.com.



TEXAS NURSERY & LANDSCAPE ASSOCIATION SCHOLARSHIP

Cameron Hill, Cameron@tnlaonline.org

Have you received your college acceptance letter yet? How will you pay for school?

The deadline for the Texas Nursery & Landscape Association E&R Foundation scholarship will be here before you know it. Don't wait. Start applying for scholarships ASAP.

TNLA E&R Foundation is accepting applications now through March 14, 2014. For more information about the TNLA E&R Foundation, visit: http://tnlaonline.org/services/tnla_er or call 512-579-3860

4-H SILENT AUCTION



JOIN IN SUPPORTING THE TEXAS 4-H PROGRAM THROUGH THE 2014 TEXAS 4-H ROUNDUP SILENT AUCTION!

The Texas 4-H Foundation is pleased to announce they will host during the 2014 Texas 4-H Roundup the "I Support the Clover" Silent Auction. There will again be the opportunity to earn money for your local 4-H program by submitting an item(s) on behalf of your county.

The auction will open May 1, 2014 for online bidding. Many items will be offered with BUY IT NOW pricing! Online bidding will close on Friday, June 6 at 11:45 pm. On Monday, June 9th at 9 am the LIVE Silent Auction will begin in conjunction with the Scholarship Assembly. The auction will close at 4 pm on Thursday, June 12th. Proxy bidding is also available for those who are unable to attend Roundup but would like to keep in on the bidding action of the LIVE event.

To be eligible to participate in the county challenge, counties need to submit a silent auction form with description and photo of the auction item by Monday, March 31st. The form can be downloaded at texas4hfoundation.org/silentauction/countychallenge/

With the LIVE auction opening on that Monday of Roundup, the sooner we have the physical item the better. If you are able to mail your donation, then please send to:

Texas 4-H Foundation
Attn: Silent Auction
4180 State Highway 6 South
College Station, TX 77845

The Foundation does not have to have the physical county challenge items in hand by the March 31st deadline, just the description form and photo(s). If unable to mail do to bulk of item, let Jana Barrett know and arrangements can be made for delivery during Roundup.

The Top 10 items donated by county 4-H programs receiving the highest bid amounts, as compared to the other county donated items, will be awarded as follows:

...of the items selling price

First Place 100%

Second Place 75%

Third through Six Place 50%

Sixth through Tenth Place 25%

If you would like ideas of what has been submitted in the past visit www.32auctions.com/supporttheclover to see the 2013 items.



If you have any questions, please feel free to contact Jana Barrett at 979-845-1213 or jcbarrett@ag.tamu.edu.
Proceeds from the auction will be used for state-wide 4-H program support efforts where needed.

4-H SUMMER CAMP

TEXAS A&M
AGRI LIFE
EXTENSION

2014 Summer Camp

AT THE TEXAS 4-H CONFERENCE CENTER

CAMP	ARRIVAL & DEPARTURE	REGISTRATION FEE (Youth / Adult)
Horizons (Grades 4-8)	June 29, 2 pm to July 3, 10:30 am	\$280 / \$135
County Camp I	June 30, 2 pm - July 2, 11 am	\$180 / \$ 85
Mission Possible Mentor Training	July 6, 2 pm - July 7, 2 pm	\$ 85
Mission Possible	July 7, 2 pm - July 9, 3 pm	\$175 / \$ 85
County Camp II	July 7, 2 pm - July 9, 11 am	\$180 / \$ 85
County Camp III	July 9, 2 pm - July 12, 11 am	\$230 / \$110
Prime Time I (Grades 5-8)	July 20, 2 pm - July 23, 10 am	\$230 / \$110
Prime Time II (Grades 2-5)	July 23, 2 pm - July 26, 10 am	\$230 / \$110

TO REGISTER:

Visit, texas4hcenter.tamu.edu.

Click on "Camps" page and
on REGISTER NOW button.

- All camp enrollment is based on grade completed in spring, 2014
- 4-H membership is NOT required to participate in any camp
- Pre-order t-shirts
- Register for a camp and automatically send a note to your friends for them to register for the same camp!
- Pay a deposit by June 14 or full amount! Discount for registering by June 14

4-H NEWS

TEXAS 4-H CONFERENCE CENTER LOOKING FOR SOME AWESOME YOUNG PEOPLE FOR SUMMER!

Mark Carroll, jmcarroll@ag.tamu.edu

Do you want a summer job where you can play with kids, swim, dance, and have fun while gaining valuable leadership experience? Consider applying for a Texas 4-H Center Summer Staff position.

The 4-H Conference Center provides an opportunity for you to work in an atmosphere where you will not only impact the lives of young people, but also learn a lot about yourself and make life-long friends. Each position provides valuable leadership training, work experience, fun and profit for individuals who truly desire to be part of a positive summer experience for over 2,500 youth.

Requirements of applicants:

- Successful completion of one year of college or other work by June 1, 2014
- Be enthusiastic, creative, hardworking and dependable
- Be able to get along with others and work as a team
- Be available* May 20— August 2nd.

If are interested in being a part of the summer staff at the 4-H Center, please visit our website at: <http://texas4hcenter.tamu.edu> to fill out an application.



SAVE THE DATE

The next virtual 4-H volunteer conference series will be held February 25th and February 27th. Both day and night-time trainings will be offered on-line.

Topics for the upcoming training include:

- Fitness Challenge
- Photography
- Golf Challenge
- Educational Presentations
- Recordbooks
- Challenge Course @ 4-H Center
- Invitational Contests
- Financial Literacy
- Sportfishing
- Tools of the Trade
- Summer Staff Opportunities at the 4-H Center



4-H NEWS

OUTDOOR CHALLENGE INFORMATION

- When:** June 27 – 29, 2014
Where: Collin County Adventure Camp; Anna, TX ([Google map](#))
Registration: [4-H Connect](#)
Opens May 1 – May 31, 2014
Contest Fee: \$30/per contestant
Lodging & Meals: \$100/person – two nights + 5 meals
- Lodging is available and encouraged for contestants and non-contestants
 - Dorm lodging is for Friday and Saturday night
 - 3 meals on Saturday and 2 on Sunday
 - Non-contestants must register on 4-H Connect in order to select and pay for lodging and meals



Target Audience

- Youth 4-H members 8-18 years old as of September 1, 2013
- Three age divisions for this event are:
 - Juniors = 8, 9, or 10 (as of September 1, 2013)
 - Intermediates = 11, 12, or 13 (as of September 1, 2013)
 - Seniors = 14 -18 (as of September 1, 2013); must not have turned 19 by that date
- A team member is allowed to move up an age division in order to complete a team; however, a member may not move down to a younger age division.
- Each age division will be divided into three gender classes:
 - both male
 - both female
 - coed (1 male, 1 female)

Knowledge/Skills Gained

By participating in the Texas 4-H Outdoor Challenge, youth will improve skills in the following:

- Shooting Sports (rifle, shotgun, and archery)
- Swimming
- Canoeing/Kayaking
- Camping/Outdoor Living Skills
- Orienteering
- Identification of Wildlife and Natural Resources
- Outdoor Safety
- Fishing
- First Aid
- Natural Resource Career Knowledge/Skills
- Teamwork
- Decision-making

Further information can be found online at <http://texas4-h.tamu.edu/outdoor>

Green Thumb Series



TEXAS A&M
AGRI LIFE
EXTENSION

Plant Propagation & Botany

10:00 am

Tuesdays

February 25, March 4, March 18, March 25

Orange County Convention & Expo Center

11475 FM 1442

Orange, TX

Class Topics

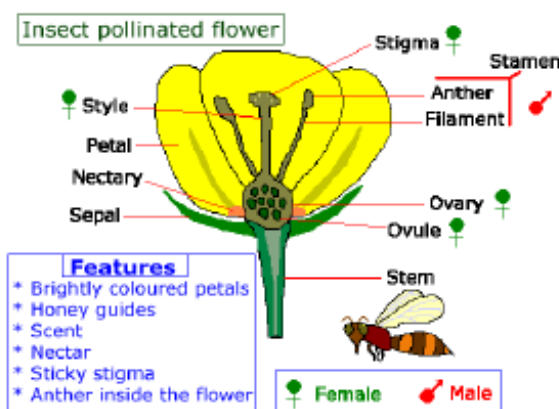
Plant Categories & Plant Processes

Plant Parts and Functions

Flowers, Fruits, Seeds, and Germination

Environmental Factors

Plant Nutrition and Hormones



\$30 per person per series covers all classes and materials. Please call the Extension office if you are interested so we can plan for the class materials.

409-882-7010

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 program serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, political beliefs or national origin. The Texas A&M AgriLife Extension Service, the U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Pond Management Seminar

Thursday, March 6

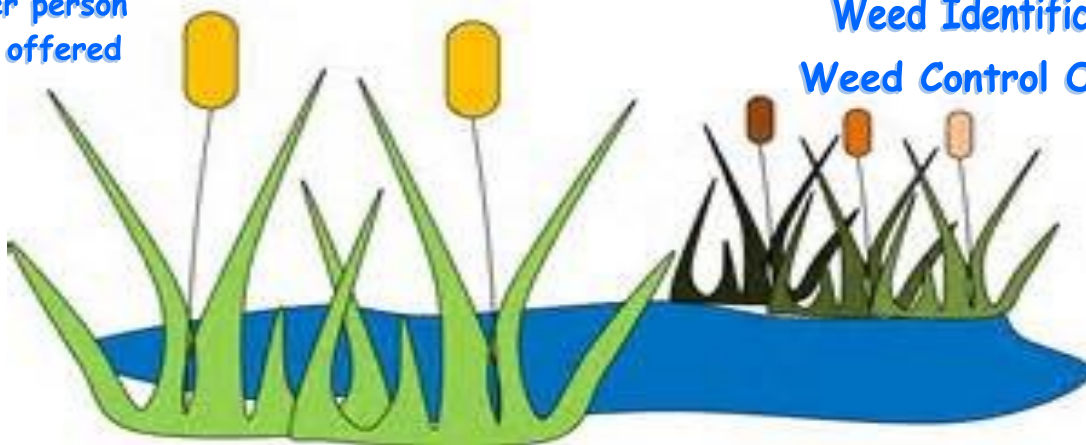
6 pm

Texas A&M Agrilife Extension Office



\$10 per person
CEU's offered

Weed Identification
Weed Control Options



Call the Extension Office to register 882-7010

Giant Salvinia

Family: Salviniaceae (Water Fern Family)

Duration and Habit: Annual, Perennial Fern

Salvinia is a rootless, aquatic fern. Emergent groups of leaves (fronds), oblong and flat or semi-cupped, grow in chains and float on the water surface forming dense mats. Leaves grow in pairs and are approximately 1/2 inch wide and 1 inch long. A brown, thread-like leaf hangs underwater, all join at the node along a horizontal, underwater stem. The upper surface of the green leaves is covered with rows of white, coarse hairs, acting as a water repellent. The hairs of giant salvinia are joined at the tips in an egg beater shape.



Giant Salvinia has been invasive to the Cow Bayou's in our area and will be discussed during the pond management seminar.

Invest in Your Bones

Bone Mineral Calcium and Vitamin D

One common misconception is that calcium is only needed for growing children. In reality, both calcium and vitamin D are needed to maintain healthy, strong bones during life. Until age 35, the daily calcium deposits of bone prevent the withdrawal of calcium from your bones. Vitamin D promotes the absorption of calcium in the gut, which is necessary during later years. To make sure that your bones are not weakening because of a lack of calcium, eat a balanced diet that is rich in calcium.

Your body cannot make its own calcium. It must be supplied by eating calcium-rich foods. Men and women under 50 years of age need 1,000 milligrams (mg) of calcium and 400B800 International Units (IU) of Vitamin D3 (National Osteoporosis Foundation). When available, choose a supplement of vitamin D3 (cholecalciferol) over vitamin D2 (ergocalciferol) to protect bone health. Read dietary supplement labels to help you make the best choice. If you avoid milk products, ask your physician about taking calcium and/or vitamin D3 supplements.

Dietary Calcium

Here's how to add calcium to your dietary choices from primary and secondary sources.

- Primary calcium sources are milk, yogurt, and cheese. The calcium content of low fat-milk products (milk, cheese, and yogurt) is equal to full-fat foods, so don't worry about losing out on this bone-strengthening mineral. Beware: If you don't drink milk, it is very difficult to get enough calcium from other foods.
- Secondary calcium sources are meats, poultry, fish, dry beans, eggs, and nuts. Sardines and salmon with bones, oysters, kidney beans, and tofu made with calcium salt are examples that contribute calcium. Other foods contribute even less calcium. Most vegetables and fruits are poor sources of calcium, but some deep leafy greens (broccoli) and calcium-fortified fruit juices contain moderate amounts of calcium. Breads, cereals, and pasta contribute very little calcium in daily meal choices. In fact, milk and baking powder use to make these foods give them small amounts of calcium.

Dietary Vitamin D

To ensure you get enough Vitamin D, eat fish, eggs, fortified milk, cod liver oil and plants that can synthesize D2. The sun also adds significantly to the daily vitamin D3 production. As little as 10 minutes of exposure is thought to be enough to prevent deficiencies.

Lactose Intolerance

Some people are lactose intolerant, which means they have difficulty digesting milk products. People who are lactose intolerant can satisfy their need for calcium in a number of ways by including nondairy, calcium-rich food choices; taking calcium supplements; using lactase pills or drops that make milk products digestible; and purchasing lactose-reduced milk.

Call the National Osteoporosis Foundation at (800) 223-994 for more facts about your calcium and vitamin d, or see their website at <http://www.nof.org/prevention/calcium2.htm>.

TEXAS A&M AGRILIFE EXTENSION
11475 FM 1442
Or
PO BOX 367
Orange, TX 77631
Phone: 409-882-7010
E-mail: orange-tx@tamu.edu

Non-Profit Org.
US Postage
PAID
Orange, TX
Permit #12

Return Service Requested

TEXAS A&M AGRILIFE EXTENSION



IN THE FEBRUARY ISSUE:

- Upcoming Events
- Lawn Maintenance Guide
- Small Acreage Horticultural Crops webinar series
- Spring & Fall Vegetable Planting Guide
- Recommended Vegetable Varieties for Orange County
- Diabetes During Cold and Flu Season/ Do Well Be Well with Diabetes Class
- Swarm Traps for Bees Demo
- **4-H News: Pages 7—12**
- Green Thumb Series: Plant Propagation & Botany Classes
- Pond Management Seminar
- Giant Silvanias information
- Invest in Your Bones: Bone Mineral Calcium & Vitamin D

Super Easy Mardi Gras King Cake

Ingredients:

- | | |
|---|-----------------------------------|
| ◆ 3 (14 ounce) cans refrigerated sweet roll dough | ◆ 2 drops green food coloring |
| ◆ 2 (12 fluid ounce) cans creamy vanilla ready-to-spread frosting | ◆ 2 drops yellow food coloring |
| ◆ 1/4 cup milk | ◆ 1 drop red food coloring |
| | ◆ 1 drop blue food coloring |
| | ◆ 1/2 cup multi-colored sprinkles |

Directions:

1. Preheat oven to 350 degrees F. Grease a baking sheet.
2. Open the cans of sweet roll dough and unroll the dough from each can into 3 strands. Working on a clean surface, place 3 dough strands side by side and gather them together to make one large strand. Fold this in half, and roll slightly to make a fat log. Repeat steps with the remaining dough. Place each log on the prepared baking sheet and shape to make a ring, overlapping the ends and pinching them together to make a complete circle. Pat the dough into shape as necessary to make the ring even in size all the way around. Cover loosely with foil.
3. Bake in preheated oven until firm to the touch and golden brown, 50 to 60 minutes. Check often for doneness so the ring doesn't overbake. Place on a wire rack and cool completely.
4. Place the cake ring on a serving plate. Cut a slit along the inside of the ring and insert a small plastic baby, pushing it far enough into the cake to be hidden from view. Make sure to warn everyone about the plastic baby before eating.
5. Divide the frosting evenly between 4 bowls. Stir 1 tablespoon of milk into each bowl to thin the frosting. Use the frosting in one bowl to drizzle over the cooled cake. To the remaining three bowls of frosting, stir yellow food coloring into one and green into another. Stir the red and blue food colorings together with the frosting in a third bowl to make purple frosting. Drizzle the cake with yellow, green, and purple frostings in any desired pattern. Dust the cake with multi-colored sprinkles and decorate with beads, additional plastic babies, curly ribbon, and other festive trinkets.