

Upcoming Events

- July 4th: Closed for Holiday
- July 13: Citrus Nursery Tour, 9am to 11am, Saxon Becnel & Sons Citrus Farm.
- July 18-22: Do Well Be Well, 10:00 to 12 noon, Vidor Community Center
- July 28: 4-H Club Managers and Adult Leaders Meeting @ 6:30 in Texas Agrilife Office in Mauriceville.
- Claybusters 4-H Shooting Sports: First Monday of each month; January thru August/September
- Dusty Trails 4-H Meeting: No meetings during the summer.
- 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: No meetings during the summer.
- Wildlife Workshop: Kids age 5-18. July 12, 6:00 pm @ Mauriceville Community Center



SAXON BECNEL & SONS CITRUS NURSERY TOUR

JULY 13, 2011

9 AM TILL 11 AM

4995 FM 105, ORANGE TEXAS

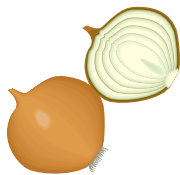


Tour is open to the public and will include the following

- *Citrus grafting
- *Greenhouse operations
- *Water filtration system
- *Question & Answer session

2 CEU's in IPM will be offered to Pesticide Applicators

To Pre-Register & Additional Information Contact
Texas AgriLife Extension Orange County
409-882-7010



ORANGE COUNTY FARMERS' MARKET

Every Saturday

6:30-10:00 a.m.

Every Wednesday

4:00-7:00 p.m.

Pinehurst - in front of Big Lots
MacArthur Drive



Do Well, Be Well with Diabetes



Do Well, Be Well with Diabetes is a free educational program for people with type 2 diabetes. The primary goal is to help participants learn how to manage their blood glucose in the ranges recommended by the American Diabetes Association.

Come and enjoy the chance to ask questions you want answered, make new friends who have the same concerns you do, learn in a supportive, caring environment,

and learn how you can do well, and be well with diabetes.

Our next classes coming up are:

- July 18-22 , 10:00 am—12 noon, Vidor Community Center.
- Mini Cooking Class: August 11, 10:00 am-12 noon, Vidor Community Center.

Call the Extension Office at 882-7010 to Pre register.

Keys to the Courthouse

WELCOME TO



Although county government has changed over the years, the main functions of county government remain:

- Maintaining law and order
- Recording and maintaining public records
- Maintaining the general welfare of the county
- Administering county finance
- Administering civil court
- Providing infrastructure
- Assessing and collecting taxes

The powers and duties of a county government are limited to those

specifically provided by the constitution and laws of the state of Texas. While the state makes the laws, the counties have to enforce them. Counties do not have the authority to create their own laws unless specified by the state. The organizational structure of county government is defined in the Texas Constitution and is divided into elected and appointed offices. County government is made up of people who are elected to accomplish what the state mandates the counties to perform.

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 AgriLife Extension Service, the U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

June 4-H Wildlife Workshop

June Wildlife Workshop winners. Cody and Sarah were the winners of the clover level and the junior/senior level traveling trophy award. They each learned the identification of 10 sunfish species. In the Wildlife Habitat Education Program (WHEP) youth have the opportunity to learn about our native animal species, wildlife management, and have an

opportunity to participate in contests at the local, district, and state level. At the next workshop the topic will be area mammals. Bob Baker with Texas Parks and Wildlife Department will talk about coyotes, cottontail rabbit, Eastern grey squirrel, raccoons, and other area mammals. The next workshop is July 12 at 6pm at Mauriceville Community Center.



Should I be taking a Vitamin & Mineral Supplement?

You and your doctor should decide if you need to take vitamin supplements. However, here are some factors you may want to consider before talking with your doctor.

- Teen girls and women of childbearing age may need to take an iron supplement if they do not consume enough dietary iron. Heme-iron from meats is the best source of iron. Plant foods such as beans and spinach contain non-heme-iron and should be consumed with a source of vitamin C.
- Pregnant women and women of childbearing age should talk with their doctor about the need for folic acid. The best dietary source of folic acid is fortified foods such as breakfast cereals.

- Adults over the age of 50 years may need to consume vitamin B12 in supplement form if they do not consume enough dietary B12. The best dietary source of B12 is fortified foods such as breakfast cereals.
- Older adults and people with dark skin may need to get their vitamin D from supplements or fortified foods such as milk.

Other questions to consider are:

- Do you eat fewer than two meals a day?
- Do you take more than three prescription medicines a day?
- Do you have more than three alcoholic drinks a day?
- Have you lost more than 10 pounds without wanting to?

To find science-based information about vitamin and mineral supplements go to: <http://www.nutrition.gov>. The Texas AgriLife Extension Service offers free and low-cost nutrition and health programs. Please contact your local County Extension Agent for more information.



*****ATTENTION 4-H CLUB MANAGERS AND ADULT LEADERS*****

Mark your calendars for a very important meeting to discuss the upcoming 4-H year!



Thursday, July 28

6:30 pm

Texas Agrilife Extension Office

11867 N. Hwy 62 in Mauriceville

Across from Market Basket



All 4-H Parents are encouraged to attend also.

Preparing for the Unexpected

GET INFORMED: If a disaster occurs in your community, local government and disaster-relief organizations will try to help you. But you need to be ready as well. Although we cannot prevent disasters, we can reduce the risk of injury and even death by becoming informed. A first step for disaster preparedness is to learn about what could happen and how to respond.

Natural hazards: Natural disasters in Texas can be caused by drought, fire, floods, hurricanes, ice storms, tornados and, less commonly, by disease epidemics.

Accidental disasters: Some disasters are caused by accidents, such as explosions, equipment failure, hazardous materials incidents, household chemical emergencies and nuclear power plant emergencies.

GET PREPARED: You can help protect your family during and immediately after a disaster by making a family disaster plan and by creating a family disaster kit for your household. You and your family need to be able to take care of yourselves without outside help for at least 3 days.

***Disasters:
Get Informed!
Get Prepared!***





Neighbor to Neighbor

Go to this website <http://www.krogerneighbortoneighbor.com/search.php> and enter *Mauriceville, TX* and our organization *Helping On Purpose Everyday* will come up. Click on this and print the letter. Take it to Kroger and a percent of your purchases will support our Diabetes Education Program.



Water Efficient Practices for Saving Your Landscape

Droughts affected not only area farmers and ranchers, but also homeowners. Many homeowners are seeing their landscapes wither due to lack of rainfall and summer heat. Some homeowners are seeing their water bills skyrocket and several communities have asked homeowners to conserve water through water rationing.

To help alleviate landscape water problems this summer and in the future, consider Earth-Kind landscaping, easily defined as quality landscaping that conserves water and protects the environment.

Earth-Kind landscapes are not cactus and rock gardens. They can be cool, green landscapes full of beauti-

ful plants which are maintained with water efficient practices. The same green, Texas-style landscapes which we are accustomed to can be achieved and still conserve water.

Earth-Kind landscaping incorporates seven basic principles which lead to water savings:

- Planning and design
- Appropriate plant selection
- Practical turf areas
- Soil improvement
- Efficient irrigation
- Use of mulches
- Appropriate maintenance

By using these seven principles, you can help preserve our most precious natural resource -- water.





***Plant tomato
& pepper
transplants in
late July.***

Fall Gardening

The heat of the summer is here! While there is still some produce being produced it is time to think about Fall gardening. Fall garden produce matures in the fall before the first frost. If you have never grown a fall garden you could have a lot of fun. Timing is important. For tomatoes and peppers, transplants can be planted mid to late July and will start providing your mature tomatoes and peppers the first of October. A lot of

the common insect and disease problems that affect spring tomatoes are not as much of a problem in the fall. For tomatoes, plant large vigorous transplants. Lay the transplant down in the garden trench and cover up most of the stem with only about 8 inches above the soil. The tomato plant will form roots along the stem underground and create a strong extensive root system.



***Wildfires occur
regularly.
Whether started
by humans or
by lightning.***

Wildfires & Your Home

Wildfires occur regularly. Whether started by humans or by lightning, they are a part of a natural cycle that helps to maintain the health of our forests. Today, more than ever, people are moving to remote areas, with the desire to “get back to nature,” without addressing the dangers that exist around them.

A tremendous wildfire danger exists where homes blend together with the wildland, creating the wildland/urban interface. The addition of homes there interrupts the natural cycle of wildfires. Ultimately this contributes to a dangerous build-up of old vegetation, leading to an uncontrollable wildfire.

FUELS: The two basic fuel types in the wildland/urban interface are vegetation and structures.

VEGETATION: Fuel in its natural form consists of living and dead trees, bushes and grasses. Typically, grasses burn more quickly and with less intensity than trees. Any branches or shrubs between 18 inches and 6 feet are considered to be ladder fuels. Ladder fuels help convert a ground fire to a crown fire (tree tops) which moves much more quickly.

WEATHER: High temperatures, low humidity, and swift winds increase the probability of ignitions and difficulty of control. Short and long-term drought further exacerbates the problem.

Take Me Out to the Ball Game!!

The Texas 4-H Foundation has two (2) exciting opportunities for county/4-H clubs to earn funds for the 2011-2012 Texas 4-H year. What better combination than "America's favorite pass-time" and "Texas 4-H"

The discounted tickets are on sale now for the 2011 Texas 4-H "GREEN OUT" event to kick off the 2011-12 4-H year with Major League Baseball's club the Texas Rangers vs. Los Angeles Angels on August 27, 2011, at the Ballpark in Arlington. There is a Pre-Game Concert by MercyMe, presented by I Am Second. This will be a fun

-filled day of family, friends, and fellowship for all to enjoy.

Every County and 4-H club has the opportunity to sell GREEN OUT tickets as a fundraiser for their County 4-H program. Prizes will be awarded for the member, club or county 4-H that sales the most tickets. The Texas Rangers organization has been gracious enough to not only give us a discounted ticket rate, but are giving \$3.00* for every ticket purchased to the County 4-H program that sells tickets. The more tickets you sell, the more money you can make for your County 4-H! Attached you will find the order form or you can download more

information at the web-site.

<http://texas4hfoundation.org/texas-4-h-alliances/rangers-baseball-green-out-4-h-event/>



Astros fans!!! We have a game night for you as well. The "4-H Night at the Ballpark" is scheduled for Saturday, September 3, 2011. This will be the Astros vs the Milwaukee Brewers game. Arrive early!! Representatives from 4-H will be recognized during a pre-game ceremony. Special pricing is being offered to 4-H.

A portion of the tickets sold will be donated to the county where the tickets were sold. Amount earned* varies by ticket sold: Field Box - \$10, Bullpen Box - \$6, Terrace Deck - \$5, Mezzanine - \$4, View Deck 1 - \$3, View Deck 2 - \$3.

For group orders, when contacting Brent Broussard designate your county/4-H club. Those tickets purchased online will be sorted by zip code locations and funds generated will be donated

to the county that corresponds with that zip code. If you have a group that is not quite 20, you may still contact Brent so that you can provide him with the corresponding county/4-H club information. Go to the website listed below for more information: <http://texas4hfoundation.org/texas-4-h-alliances/4-h-night-with-the-astros/>



***Astro fans!!!
We have a
game night for
you as well!***

TEXAS AGRILIFE EXTENSION
11867 Hwy 62 North
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



Improving Lives. Improving Texas.

IN THE JULY ISSUE:

- Upcoming Events
- Do Well, Be Well with Diabetes
- Keys to the Courthouse
- 4-H Wildlife Workshop
- Vitamin & Mineral Supplements?
- ATTENTION 4-H PARENTS!!
- Preparing for the Unexpected
- Neighbor to Neighbor
- Water Efficient Practices for Lawn
- Fall Gardening
- Wildfires & Your Home
- Take Me Out to the Ball Game!

Spinach, Strawberry, Pecan Salad

1 pound fresh spinach, washed & dried
1 pint strawberries, washed & halved
1/4 cup pecan halves, toasted

Dressing:

1/3 cup raspberry vinegar
1 teaspoon dry mustard
1/2 teaspoon salt
1/4 cup sugar
1 cup olive oil

1 1/2 Tablespoons poppy seeds

Combine dressing ingredients except the poppy seeds in a blender. Add the poppy seeds by hand. Toss dressing with spinach, strawberries, and hot pecans. The hot nuts will slightly wilt the greens.

Preparation Time: 10 minutes

Cook Time: 0 minutes

Serves: 6

