

Upcoming Events

- March 25 & 26– Private & Commercial and Non-Commercial Pesticide Applicator's Training & Testing.
- March 27–Managing Pests in Bee Hives, 10 am AgriLife Conference Room. Free to Public.
- March 29– Orange County Master Gardener Association Plant Sale.
- April 15-May13-Green Thumb Series: Keeping Your Plants Healthy! 7 CEU's offered, 10 am Agrilife Conference Room. \$30 per person .
- April 17– Selah Essential Oil Class, 6 pm in the AgriLife Conference Room. Free to attend.
- 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– DuPont Room. Open to Public



Come Join Us
Thursday, April 17
6 pm
Selah Essential Oil
Class



See page 12

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

Composting for the Small Acreage Producer

April 24, 2014

9:00 am—Noon

See page 2



Managing Pests in Bee Hives

Thursday, March 27
10 am

AgriLife Extension Office

Free to attend See page 6

Green Thumb Series

*Keeping Your
Plants Healthy!*

Tuesdays

April 15, April 22, May 6, May 13

10:00 am

7 CEU's offered See page 4



Private Pesticide Applicator's
Training & Testing

Commercial and Non-Commercial
Pesticide Applicator's
Training & Testing

March 25 & 26

See page 3

Orange County Master Gardener Association

Plant Sale

Saturday, March 29

8 am to 1 pm

Jewel Cormier Park

8235 FM 1442 Orangefield

(Exit 869 S off IH 10)

Cash or Checks Only



Small Acreage Horticultural Crops Seminar Series



Composting for the Small Acreage Producer

Thursday, April 24, 2014

9:00 am—Noon

**Series will be held at the Texas A&M AgriLife Extension Office call to register at
409-882-7010.**



Private Pesticide Applicator's Training & Testing

Training

March 26: 8:30 AM-12 Noon

Testing

March 26: 2 PM

Cost

\$55

Commercial and Non-Commercial Pesticide Applicator's Training & Testing

Training

March 25: 1 PM—5 PM

&

March 26: 8:30 AM-12:30 PM

Testing

March 26: 2 PM

Cost

\$130



*Last chance to take test
without going to Houston!!*

*(All testing will be in Houston
starting April 1, 2014)*

Where:

Texas A&M AgriLife Extension Office

11475 FM 1442

Orange

Deadline for Registration

March 19 @ Noon

(Registration is required so we can order the
training materials)

Green Thumb Series



TEXAS A&M
AGRILIFE
EXTENSION



Keeping Your Plants Healthy!

Tuesdays

April 15, April 22, May 6, May 13

10:00 am

Texas A&M AgriLife Extension Office

Topics:

Weeds

Beneficial Insects and Insect Pests

Other Health Challenges in the Environment

Fungal Diseases on Plants

Integrated Pest Management and Pesticide Uses



7 CEU's
including hrs in
Integrated Pest
Management

\$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.



Coconut Craze

Amanda Scott, MS, RD, LD,
Program Specialist,
Expanded Food and
Nutrition Education Program

Walk into a local health store, or even your local grocery store and you are likely to see coconut oil. Coconut oil is one of the latest health trends. However, do you have all of the facts on coconut oil?

Coconut oil is a tropical oil made from the coconut fruit. Examples of other tropical oils include palm oil and palm kernel oil. There are many health claims about coconut oil ranging from the treatment of lice to treatment of Alzheimer's disease. However, not all claims related to coconut oil have been substantiated by research.

There are two main types of coconut oil used in cooking: virgin and refined. The first type is "virgin" coconut oil. Virgin coconut oil is extracted from the fruit of fresh mature coconuts without using chemicals or high temperatures. This type of coconut is considered "unrefined" and has a light, sweet, nutty flavor and aroma. It is often used for baking or sautéing at lower temperatures less than 350 degrees.

Refined coconut oil is made from dried coconut meat. It is often

chemically bleached and deodorized. It lacks the sweet-nutty flavor of virgin coconut oil. Refined coconut is often used for baking or stir frying, or cooking at temperatures up to 425 degrees.

Sometimes food manufacturers use a version of coconut oil that has been processed further to produce partially hydrogenated coconut oil. Partially hydrogenated coconut oil



contains trans fat. We should limit our consumption of trans fats. Check the nutrition facts panel for trans fats.

In regard to nutritional composition, coconut oil is considered a solid fat. It is 92% saturated fat, which is higher than butter. In fact, with the exception of palm kernel oil, all other common culinary oils, including canola, corn, safflower, soybean, flaxseed, and olive oil contain significantly less saturated fat than coconut oil. Coconut oil is a plant based food and therefore does not contain cholesterol.

Many people believe that coconut oil may have positive health benefits even though it is high in satu-

rated fat. There is some evidence that coconut oil may have a neutral, or perhaps beneficial effect on cholesterol levels. However, while there is much "hype" around coconut oil, there is not adequate research regarding beneficial health benefits.

For now, it's best for individuals to follow recommendations from the 2010 Dietary Guidelines for Americans regarding intakes of saturated and trans fats. The current recommendations state that Americans should consume less than 10% of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids. In addition, individuals should keep trans fatty acid consumption as low as possible, especially by limiting foods that contain synthetic sources of trans fat, such as partially hydrogenated oils, and by limiting other solid fats.

The bottom line on coconut oil is that we should continue to limit intakes of saturated fat. There is not yet enough scientific evidence to indicate that coconut oil is "healthier" than other saturated fats. Individuals should avoid foods containing partially hydrogenated coconut oil. If you choose to cook with coconut oil, use virgin coconut oil, and use it sparingly.





**Managing Pests
in
Bee Hives
Thursday, March 27
10 am**

FREE to Attend Texas A&M AgriLife Extension Office

Come learn about controlling bacterial, fungal, and viral disease and insect pests of bee hives. Not controlling pest can cause loss of production or complete loss of the bee hive. Controlling the common pests will support a stronger bee hive with more honey production.

Did you know?

A great number of bee species live together in large groups called colonies. Each hive contains one colony. Honeybee colony is often in a tree hollow. It may be home to as many as 60,000 bees. With all these bees there are only three types living in a colony; queen, workers and drones.

Queen

- Largest bee.
- Laying eggs is her only job.
- May lay more than a thousand eggs a day.
- When hive gets crowded, the queen takes a swarm with her to start a new colony. But not before laying eggs into the queens cells.

Workers

- All workers are females.
- For the first half of their adult life, which is about three weeks, they are house bees. Doing chores inside the hive; cleaning cells, feeding larvae, building new wax cells, guarding the colony, and making honey. Some act as the queen's court..
- In the last three weeks of their life, the workers are foragers, or field bees, collecting nectar and pollen from blossoms..

Drones

- During the spring, summer, and early fall months there are roughly a hundred drones (males) per colony.
- On warm days, some fly outside , where they mate with the queen, usually one from another colony. After the drone mates it dies.
- Life span is about two month.

Orange County 4-H To Make the Best Better

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

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

**WILL NOT MEET IN MARCH DUE TO LIVESTOCK SHOWS
AND SOUTH TEXAS STATE FAIR**



March 4-23



March 1-16



March 27 - April 6

4-H NEWS

Claybusters 4-H Shooting Sports

Bradley Bilbo, an Orangefield High School student and member of the Orange County 4-H Shooting Sports program participated in the San Antonio Livestock Show and Rodeo Jr. Shoot Out this past Friday at the National Shooting Complex in San Antonio. Braving 28 degree temps, sleet, frozen rain and spitting snow. He pulled out an of 88 out of 100 score in the Trap shoot. The top winner went on in the shoot out breaking 175 targets in a row, but Bradley did his best and made a showing for Orange County.



Bradley Bibo

As a reminder to all of Orange County youth, this is not an exclusive club, we cater to the youth from the casual shooter to the competition level competitors.



If you are interested in securing and ensuring the future of the shooting sports, have a child between the ages of 9 to 18 years old, or enjoy some good ole fashion family fun give us a try, you will not disappointed!

Contact John Bilbo @ 409-779-1115 or jcbilbo@outlook.com

Claybusters 4-H Shooting Sports
participating in Liberty.



4-H NEWS



**19th Annual Houston County 4-H
Shooting Sports Invitational Shoot and
Whiz Bang Qualifier**
Friday June 13th-14th 2014 Saturday



SHOOTER INFORMATION (Please Print Clearly)

Last Name: _____ First: _____

Address: _____

City: _____ State: TX ZIP: _____

County: _____ Circle Male / Female

Cell Phone: _____ Other Phone: _____

Age as of 08/31/2013: _____ Name of Parent: _____

Email: _____

PLEASE SELECT ONE:

_____ Open Division

_____ Ladies Division

Ladies will be automatically placed into Ladies Division if no division is selected

PLEASE SELECT ONE: Based on age as of 08/31/2013

_____ Novice I (9-10) FRI

_____ Novice II (11-14) FRI

_____ Junior (9-10) FRI

_____ Intermediate (11-13) FRI

_____ Senior I (14-15) SAT

_____ Senior II (16-18) SAT

PLEASE SELECT your EVENT

_____ Novice Event (Trap, Skeet, 5-Stand 25 targets each) \$45 Dollars. Shoot on Friday only!

_____ Skeet, Trap, Whiz-Bang (50 targets each) \$ 80 Dollars.

Juniors, Intermediate and Novice shoot on FridaySenior I and Senior II shoot on Saturday

_____ Late Fee \$ 25.00 (Must have Registration by May 16th, 2014)

Check # _____ Make Payable: HCYSS (Houston County Youth Shooting Sports) Total Amount: _____

Mail in Registration with Check to: GP SHEARER, 700 South 4th St., Crockett, TX 75835 Email questions:
GPSHEARER@icloud.com or leave message on Facebook <https://www.facebook.com/pages/Houston-County-4-H-Shooting-Sports/334765496657414>

Deadline May 16, 2014

4-H NEWS



"Skills for Life - Activity for a Lifetime"

Tom Green County Whiz Bang

Saturday, May 3, 2014

- Events: American Trap, American Skeet, and Whiz Bang
- Time: Check-in: 7:30 a.m., Orientation: 8:00 a.m., Shooting begins at 8:30a.m. Sharp
- Classes: Junior, Intermediate, Senior I, Senior II
- Teams: Two Person Teams
- Awards: *High Overall Awards for each class
*Ladies High Overall Awards
*1st-6th place for each event in each age class
*Best Sportsmanship Award
*Awards will be presented when all squads finish shooting
* High Overall 2 Person Team Awards
- Location: Tom Green 4-H Shooting Sports Complex: 3444 N Hwy 277, San Angelo TX 76903
- Registration: \$85.00 Junior through Senior II, \$10.00 for 2 person teams
- ENTRIES MUST BE RECEIVED BY APRIL 18TH DEADLINE-INCLUDE \$15.00 LATE FEE FOR LATE ENTRIES.
- Limited to 130 shooters.
- Lunch: Lunch and concession will be available during the shoot
- Contact: Gary Harness: 325-374-9037, wtwoodworking@suddenlink.net or Jay Garrett: 432-634-1801, jgarrettus@yahoo.com

NO shot larger than 7 ½, eye and ear protection are required

4-H NEWS



*Ready to take your
4-H career to the
next level?*

2014 NATIONAL 4-H CONGRESS

**NOVEMBER 27 - DECEMBER 2
ATLANTA, GEORGIA**

EXPERIENCE

**LEADERSHIP
SERVICE**

LEARNING

IN A NEW EXCITING WAY WITH MORE THAN
950 4-H MEMBERS FROM ACROSS
THE UNITED STATES.

DEADLINE FOR SIGNING UP IS APRIL 16, 2014



4-H SUMMER CAMP

Feeling Good



Schedule of Events

9 am to 11 am Health Fair

10 to 11:15 am Bingo

11:15 to 1 pm Entertainment, Invocation ,
Free Lunch and Awards

45th Annual Senior Citizens Rally Day

Tuesday, May 6, 2014

Orange County Convention and Expo Center

11475 F.M. 1442 Orange

9 a.m. till 1 p.m.



Door prizes given throughout the event

Transportation Bus will be available at desingated locations in Vidor and Orange.
Call the Extension Office by MAY 1st for reservation 882-7010.



Come Join Us

Thursday, April 17

6 pm

Selah Essential Oil Class



For a free Selah Essential Oils Class presented by Courtney Fowler and Brianne Dean. They both have a passion for helping people and seeking a better way of life. Through their experiences with essential oils, they have become more aware of suffering, not that they have suffered more, but they have become more aware of those who suffer around them. The oils have allowed them to help (physically and mentally) the people God brings into their lives. They decided to take things a step further and offer true spirit healing as well. Visit their at www.selahessentialoils.com

45th Annual Senior Citizen Rally Day “Feeling Good Fiesta”
2014 SENIOR CITIZEN OF THE YEAR NOMINEE FORM

Nominee's Name _____ Male ___ Female ___
(Must be 60 or over)

Age _____ Address _____

Phone _____ Resident of _____ for _____ Years.

Closest Relative or Friend

Name _____ Phone _____

Address _____

APPLICATION MUST BE ACCOMPANIED BY A WRITTEN SUMMARY OF THE NOMINEES SERVICE TO MANKIND. Examples:

- Nominee's participating in organizations that have provided a service to others
And some service projects. Do not just list organizations. What did the nominee do?
- Assumed citizenship responsibilities and their contribution toward improving the community.
- Volunteer service (church, clubs, community, and fellowman).
- Describe outstanding leadership, service, achievements, and awards.

Submitted by _____ Phone _____

Address _____

Mail form to:
EXTENSION COMMITTEE ON AGING
P. O. BOX 367, Orange, TX 77631-0367

Winner will be recognized at the 45th Annual Senior Citizens Rally Day
May 6, 2014
DEADLINE FOR ENTRIES IS APRIL 18, 2014

*Those submitting an application for a nominee must be willing to accept the judge's decision.

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

It's National Kidney Month!

March is National Kidney Month, a time to raise awareness about the prevention and early detection of kidney disease. Did you know that diabetes is the leading cause of kidney failure? The good news is that managing your diabetes well can help improve your health outcomes.

How does diabetes cause kidney disease? When our bodies digest protein, the procedure creates waste products. In the kidneys, millions of tiny blood vessels with even tinier holes in them act as filters. As blood flows through the blood vessels, small molecules such as waste products squeeze through the holes. These waste products become part of the urine. Useful substances, such as protein and red blood cells, are too big to pass through the holes in the filter and stay in the blood.

Diabetes both type 1 and type 2 can damage this system. High levels of blood glucose cause stress on the filtering system in the kidneys. After many years, they start to leak, and things like protein that are suppose to stay in the bloodstream are lost in the urine. Having small amounts of protein in the urine is call microalbuminuria. This damage happens without any symptoms.

In time, the kidney stop working well. Waste products then start to build up in the blood. Finally, the kidneys fail. This failure, end-stage renal disease (ESRD), is very serious and requires a kidney transplant or dialysis.

Research has shown that tight blood glucose control reduces the risk of microalbuminuria by one third. Other studies have suggested that tight control can even improve microalbuminuria.

Since there are usually no symptoms associated with early kidney failure, lab tests are essential. If you have diabetes, talk to you health care provider about how often you should be tested. This can be done by either a blood test or a urine test.

A blood test measures the glomerular filtration rate (GFR), which tells how well the kidneys are filtering blood:

- A GFR of 60 or higher is in the normal range.
- A GFR below 60 may mean you have kidney disease

- A GFR of 15 or lower may mean kidney failure
- Urine tests check for albumin, a type of protein found in blood. When kidneys are healthy, they don't let albumin pass into the urine. When the kidneys are damaged, they let some albumin pass into the urine, the less albumin in the urine, the better.

Now let's talk prevention! You or a loved one living with diabetes can take the following steps to keep your kidneys healthy:

- Get the GFR (Blood) and albumin (urine) test for kidney disease as often as your health care provider recommends.
- Keep your blood glucose levels in your target range.
- High blood pressure is very hard on kidneys, especially for people with diabetes. Keep blood pressure in your target range.
- Keep your cholesterol levels in the target range.
- Take medicines as directed by your provider.
- Cut back on salt. Aim for less then 2,300 milligrams of sodium, or less than one teaspoon, per day.
- Choose foods that are healthy for the heart, like fresh fruits, fresh or frozen vegetables, whole grains and low-fat dairy products.
- Limit alcohol intake.
- Be more physically active.
- If you're overweight, take steps to lose weight. Being overweight makes the kidneys work harder.
- If you smoke, take steps to quit. Smoking can make kidney damage worse.

American Diabetes Association

**The next Diabetes Education Class
will be held
June 3 thru July 29
6pm to 7 pm
Call the AgriLife Extension Office
for additional information.
882-7010**



Earth-Kind.
Landscaping



Earth-Kind® Publications

Creating an Earth-Kind Landscape involves the use of a variety of environmentally friendly practices ranging from design considerations to irrigation. This series of publications from Texas AgriLife Extension Service covers the essentials.

The following publications provide additional information on Earth-Kind principles and practices for the urban landscape. Go to <http://aggie-horticulture.tamu.edu/earthkind/publications/#water>

Water conservation

Water Conservation:

In urban areas of Texas about 25 percent of the water supply is used for landscape and garden irrigation. Much of water is used to maintain traditionally high water-demanding landscapes, or it is simply applied inefficiently. In an attempt to reduce the excessive water use, Texas Cooperative Extension is educating Texans on the principles of Earth-Kind landscaping to help preserve and protect our most valuable natural resource.

Low Volume Irrigation

Efficient irrigation is one of the key Earth-Kind practices for conserving water in the landscape. Low volume irrigation systems (sometimes referred to as drip or trickle irrigation) are among the most effective means of achieving significant water savings. Despite the tremendous potential for water conservation, these systems are not widely used in residential landscapes.

Irrigation Systems Auditing

It is the responsibility of all Texans to ensure that water is used wisely. An irrigation system audit has been shown to be the most effective tool for maximizing water use efficiency in the landscape. Here are some Earth-Kind tips for system operation and management that will help promote water conservation.

Mulch

One of the best methods of growing healthy plants and conserving water at the same time is to use mulch in the landscape. Experienced gardeners have long known the secret of mulching the garden and all its benefits. What is a mulch? Mulch is simply a protective ground covering that saves water, reduces evaporation, prevents erosion, controls weeds, and in the case of organic mulches, enriches the soil.

Rainwater Harvesting

In many Texas communities between 30% – 50% of the total water supply is used for landscape irrigation. Even if you live where annual rainfall averages only 12 inches, you can save money by collecting and storing rainwater and using it to irrigate trees, shrubs and lawns.

Raised Beds

Soil conditions throughout much of Texas are not well suited for landscape plant materials. Sandy soils tend to drain/dry out rapidly, while clay soils hold excessive amounts of moisture during periods of heavy rainfall. The key, in both situations, is to strike a balance between the aeration, drainage and water holding characteristics of the soil.

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 MARCH ISSUE:

Upcoming Events

- OCMGA Plant Sale
- Small Acreage Horticultural Crops webinar series
- Pesticide Applicator's Training/Testing
- Keeping Your Plants Healthy Classes
- Coconut Craze
- Managing Pests in Bee Hives
- **4-H News: Pages 7—11**
- Senior Citizens Rally Day and Senior Citizen of the Year Nomination Form
- Selah Essential Oil Class
- It's National Kidney Month
- Earth-Kind Water Conservation

Easy Peach Pound Cake

- 1 Butter flavor cake mix
- 4 eggs
- 1 block of lite cream cheese
- 1 regular size can of peaches in lite juice
(drain and save juice)
- 1/2 cup cooking oil

Mix together all ingredients except the saved juice. Pour in bundt pan and bake at 350 degrees for about an hour.

Cool 15 minutes

Mix 1 cup sugar with peach juice and pour over top of cake. Let set for 15 minutes. (This glaze can be omitted).

Enjoy

