

Upcoming Events

- September 30-October 28. Do Well, Be Well with Diabetes. Type 2 Diabetes education. 5:00 pm-7:00 pm. Extension Office. \$20 per person
- Oct 4: Rice Cooking Contest at the Texas Rice Festival
- Oct 13: Earthkind Landscape Presentation, Skip Richter, Extension Office, 6:00 pm—8:00 pm
- Oct 15: Savvy Shoppers class. 10:00-11:00 am. Extension Office
- Oct 15, 22, Nov 5, 12: Fun Food & Fitness Class. Noon-1:00 pm. Extension Office
- Oct 28: Southeast Texas Beef Symposium & Trade Show.
- Nov 10: Canning Meat, Poultry, & Game Class. 10:00 am. Extension Office. \$20 per person.
- Texas Master Gardeners: 2nd Thursday of each month; 6:00 pm @ The Orange County Convention and Expo Center-DuPont Room. 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

Pecans, Walnuts, Almonds etc.



*1st order will be place
October 13th
To have in time for
Thanksgiving baking/
cooking*

*2nd order will be place
November 7th
To have in time for
Christmas baking/
cooking*



Savvy Shopping

*Learn how to get the most
bang for your buck!*

See Page 8 for more details



Holidays & Hunting Season is quickly approaching



*Join us in learning how to
Can*

Meat, Poultry and Game

See Page 6 for more details



Look for us as
Texas A&M AgriLife
Extension—Orange County.

4-H NEWS



Orange County 4-H Annual Pecan Fundraiser

TEXAS A&M
AGRI LIFE
EXTENSION



**Pre-Orders deadline to have
in time for Thanksgiving will be Oct. 13th
in time for Christmas will be Nov. 7th**

Plain Pecans Choice of Halves or Pieces

1 lb. bag \$9.50

3 lb. box \$27

5 lb. box \$45

11 oz. Jar of Butter Flavored
Syrup with Pecan Pieces \$5

Cherry Sours 12 oz. bag \$3



Frosted or flavored Pecans 12 oz. zipper bag

Chocolate Covered or White Chocolate or Chocolate Toffee Covered \$7

Praline Frosted or Amaretto Frosted \$8

Cinnamon Frosted or Honey Toasted Glazed \$8

Sugar Free Chocolate (contains Malitol) \$9

Specialty Nuts

1 lb Roasted and Salted Cashews \$9

1 lb Walnuts \$8.50

1 lb. Roasted and Salted Pistachios \$8

1 lb. Raw Almonds \$6



Peanuts

12 oz Chocolate Peanuts \$5

12 oz Honey Roasted Peanuts \$5

1 lb Hot and Spicy Peanuts \$4



Thank You!

More items on back....

4-H NEWS



Specialty Mixes



Texas Deluxe Nut Mix \$9

(Pecans, Cashews, Almonds and Brazil Nuts)

Hunter's Mix \$6

(Cashews, Cocktail Peanuts, Sesame Sticks, Sesame Seeds, Natural Almonds, Fancy Pecan Halves, Peanut Oil and Salt)

California Mix \$6

(Almonds, Walnuts, Dried Apricots, Diced Dates, Banana Chips, Seedless Raisins, Coconut Chips, Cashews and Sunflower Seeds)

Trash Mix \$4

(Sesame Sticks, Jumbo Runner Peanuts, Pretzels, Hot and Spicy Peanuts, Peanut Oil and Salt)

Fiesta Mix \$4

(Bar-B-Que Corn Sticks, Taco Sesame Sticks, Nacho Cheese and Hot & Spicy Peanuts)

Fruit Mix \$5

(Dried Apricots, Banana Chips, Diced Pineapple, Diced Papaya & Golden Raisins)

Cran-Slam Mix \$7

(Dried Cranberries, Raw Walnut Pieces, Roasted and Salted Sunflower Seeds, Roasted and Salted Pumpkin Seeds, Diced Pineapple and Black Raisin)

Mountain Mix \$5.50

(Roasted and Salted Cashews, Roasted and Salted Peanuts, Roasted and Salted Almonds, Raisins and M&M's)



Pecan Gift Baskets

1 lb. Texas Basket \$ 20

(Each basket contains mixed Chocolate & White Chocolate Pecans)

2 lb. Texas Basket \$31

4 Flavor 1 lb. Pecan Sample \$14

(White Chocolate, Chocolate, Cinnamon and Praline Halves)

2 lb. Pecan Sampler \$27

(Chocolate, White Chocolate, Amaretto, Cinnamon, Pina Colada & Praline Frosted)

2 lb. Fruit and Nut Sampler \$22

(Whole Almonds, Raw Pecan Halves, Walnut Halves, Dried Cranberries, Fruit Mix and Trail Mix)

3.5 lb Round Gift Basket \$45

(8oz Praline Frosted, 12 oz Chocolate Pecans, Deluxe Mix, Hunter's Mix, Chocolate Peanuts)

3.94 lb Texas Shape "Big Tex" Gift Basket \$56

(12 oz each of White Chocolate and Chocolate, 1 lb Raw Pecans and Pecan topping)

ORDER NOW

**To place your order call the
Orange County 4-H office
882-7010**

*PLEASE MAKE CHECKS TO
Orange County 4-H Council*



Earth-Kind®
Landscaping



Presentation

by

Robert "Skip" Richter, M.AGR

FREE

Monday

October 13, 2014

6:00 pm-8:00 pm

**Texas A&M
AgriLife Extension
Office**

Skip Richter has a Masters of Agriculture and is the Horticulture Agent in Harris County. He is coming to Orange County to share his knowledge on Earth-Kind Landscaping and Ground Cover. Please join us for his presentation.

If you have any questions contact the Texas A&M AgriLife Extension Office at 409-882-7010.

TEXAS A&M
AGRI LIFE
EXTENSION



Rice Cooking Contest Saturday Oct 4th

The Rice Cooking Contest at the Texas Rice Festival on Saturday Oct 4th is open to adults and youth alike. The information and entry forms are available on the Texas Rice Festival Web page. The Contest will be held in the new cafeteria at East Chambers. It is the big dome building that is visible from Hwy 124 in Winnie.

Roasted Pumpkin Seeds



*Don't throw away the pumpkin seeds from your pumpkin!
Toast them in the oven for a delicious and healthy Halloween.*

Prep time: 10 minutes

Cook time: 35 minutes

Ingredients

One medium size pumpkin

Salt

Olive Oil



1. Cut open the pumpkin by cutting a circle around the stem end with a sharp knife (knife-blade angled in), and pulling off the top. Using a strong metal spoon to scrape the insides of the pumpkin and scoop out the seed and strings. Place the mass of pumpkin seeds in a colander and run under water to rinse and separate the seeds from everything else.
2. Measure the pumpkin seeds in a cup measure. Place the seeds in a medium saucepan. Add 2 cups of water and 1 tablespoon of salt to the pan for every half cup of pumpkin seeds. Add more salt if you would like your seed to be saltier. Bring the salted water and pumpkin seeds to a boil. Let simmer for 10 minutes. Remove from heat and drain.
3. Preheat the oven to 400°F. Coat the bottom of a roasting pan or thick baking sheet with olive oil, about a tablespoon. Spread the seeds out over the roasting pan in a single layer, and toss them a bit to coat them with the oil on the pan. Bake on the top rack until the seeds began to brown, 5-20 minutes, depending on the size of the seeds. Small pumpkin seeds may toast in around 5 minutes or so, large pumpkin seeds may take up to 20 minutes. Keep an eye on the pumpkin seed so they don't get over toasted. When lightly browned, remove the pan from the oven and let cool on a rack. Let the pumpkin seeds cool all the way down before eating.

Either crack to remove the inner seed (a lot of work and in my opinion, unnecessary) or eat whole

Simply Recipes <http://www.simplyrecipes.com>

August Diabetes Educational Class



Next Diabetes Educational Class

Tuesdays, September 30th–October 28

5 pm to 7 pm at the Extension Office, 11475 FM 1442

Orange

\$20 per person with scholarships available

Call and let us know you will be attending 882-7010



Classes are not only open to people with Type 2 diabetes but also their spouse and or caregiver and anyone wanting to prevent diabetes. You will be educated on how to understand food labels, how to count carbohydrates, portion control, understanding your glucose meter and lancing device, having the right walking shoes for exercise, medications and much more.



OCTOBER 15

SAVVY

SHOPPERS

Learn how to get the most bang for your buck!

Are you tired of buying clothes, only to find holes in them after a couple of washes? Stop wasting your money on low quality items, and learn how to shop for high quality on a low quality budget! There will be a special focus on shopping in thrift stores and revamping your old clothes!

TEXAS A&M
AGRILIFE
EXTENSION

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

**ATTENTION
BARGAIN
HUNTERS!**

**You don't want to
miss these
thrifting tips!**

**Calculate Cost per
Wear to find the
TRUE value of
your closet.**

**Enjoy a high
quality wardrobe
on a low quality
budget!**

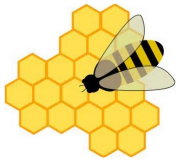
Door Prizes!

**TX A&M AGRILIFE
EXTENSION**

11475-A FM 1442
Orange, TX 77630
(409) 882-7010

October 15, 2014

10:00 – 11:00 AM



Apiary Course



Congratulations Certified Master Gardeners

Ernest



Claire



Jessie



Jan





Benefits of Family Mealtime

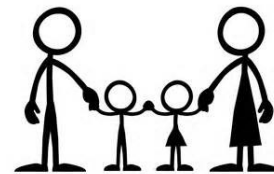
Families can experience the positive benefits of family meals by eating together at least four to five times per week:

- If possible, start eating meals together as a family when your kids are young. This way, it becomes a habit.
- Plan when you will eat together as a family. Write it on your calendar!
- During the meal focus on each other. Turn off the television. Take phone calls later.
- Talk about fun and happy things and make meal time stress-free.

Encourage your child to try foods, but do not lecture or force your child to eat.

"Research shows that compared to children who seldom participate in family meals, children who sit down to regular family meals consume more fruits, vegetables, and fiber, consume less soda and fried foods, and eat less heart damaging saturated and trans fat."

*Source: Make Meals and Memories Together press release by Amanda Scott, Program Specialist, Expanded Food and Nutrition Education Program, Texas A&M AgriLife Extension Service, Texas A&M System, August 2009.



Canning Meat Poultry & Game



Monday, November 10, 2014 at 10am
Extension Office, 11475 FM 1442, Orange
\$20 per person, class limited to 15 people
To register call 882-7010
Hands on participation

4-H NEWS

New 4-H Projects For Orange County

Community Service/ Citizenship project

Dog Project



Archery 4-H Club



Food & Nutrition Project

Leaders 4 Life



Horse Project



Pygmy Goat Project

Homeschool 4-H Club

Clover Kids 4-H Club



And much more...



4-H NEWS

From John Bilbo, Club Manger for Orange County Clay Busters 4-H



4-H members from the Orange County Clay Busters 4-H Club worked and participated in a fundraiser shoot September 14th. Thomas Shipley (left) scored a 61 out of 66 targets earning him Youth H.O.A. The adult high score was tied at 63. The shoot that these 4-Hers attended was put on by the Sertoma Group. They are similar to the Lions Club that provides eye wear to needy individuals. The Sertoma Group does the same, except they specialize in providing hearing aids and checkups for those in need.

This was the Orange County 4-H Clay Busters 4th year to support this shoot. The 4-H members responsibilities consists of pulling, scoring, clean up, and station safety; this helps the course go smoothly and most importantly safely. In doing so, they get a glimpse into the inner workings of a shoot and gain valuable knowledge about what it takes to run such an event. After lunch the 4-H members can then shoot the course. All in all, Orange County was well represented and once again made a very good impression on people in the Southeast Texas Area.

1st Annual 4H OCCB Conservation Team Teal Hunt 2014



“We had a great hunt with The Drake Plantation out of Winnie! Jim Peters and Harlan aka “Bigfoot” off Swamp People ensured that we had a great hunt. It was quite an experience for many of the kids. For some it was their 1st hung, others their 1st duck hunt. I Do believe we inducted some new members into the exciting world of hardcore water fowlers.”

Orange County 4-H
Christmas Party
Tuesday, December 6th @ 6 PM
Orange County
Convention & Expo Center



Will be having a
Pot Luck Dinner
Asking all families
to bring something.

Suggestions:

casserole

veggie

salads

finger foods

etc.



Instead of Gift Exchange
we are looking for a
Community Service Project
to support.

Asking each club
to bring an activity for the
evening

Call Kim at the office 882-7010 with your food item, club activity
and suggestions on community support project



Horse Project Volunteering with Stable Spirit

Stable-Spirit's Mission

"Stable-Spirit is a 501c(3) nonprofit organization whose mission is to provide the community with opportunities that inspire positive mental, physical, and emotional health through professionally guided interaction with horses. Many of our clients are not able to pay for services without assistance or reduced rates. Funds generated from fundraisers, grants and donations provided mental and physical health services to those needing assistance and to the care of the horses. Your support is appreciated"

Stable Spirit offers Quality of Life & Therapeutic Development, Organization Workshops and Physical Therapy such as Hippotherapy which involves Genetic, Neurological and Sensory processing disorders, Musculoskeletal, Speech & Communication dysfunction and Balance difficulties. The Pony club provides equestrian sports training for children & adults with intellectual disabilities and participates in Horse Shows, i.e. Top Hands and Special Olympics. They also assist in helping with mental hardships and crisis, family issues, substance abuse, just to mention a few.

4-H Youth Volunteering at stable spirits is an opportunity that most youth do not get. If you are a 4-h members with the love of horses/animals and the desire to help others call the 4-H office and we can get you started.



Perseverance is not a long race.
It is many short races
one after another.

4-H NEWS

2014-2015 Major Stock Shows

State Fair of Texas (Dallas)...Sep 27-Oct 20, 2015

Heart O' Texas Fair (Waco)...Oct 3-12, 2015

Fort Worth Stock Show and Rodeo.....Jan 17-Feb 8, 2015

San Antonio Livestock Exposition....Feb 6-23, 2015

Star of Texas Fair and Rodeo (Austin)...Mar 1- 16, 2015

Houston Livestock Show and Rodeo....Mar 4-23, 2015

South Texas State Fair (Beaumont)....Mar 27-Apr 6, 2015

Major Livestock Show Entries (Fort Worth, Austin, Houston and San Antonio)

Due to the extension office November 17, 2014

SALE Calf Scramble Entries

Due to the extension office October 14, 2014

Quality Counts

If you are showing at major shows be sure you are up to date on your quality counts.

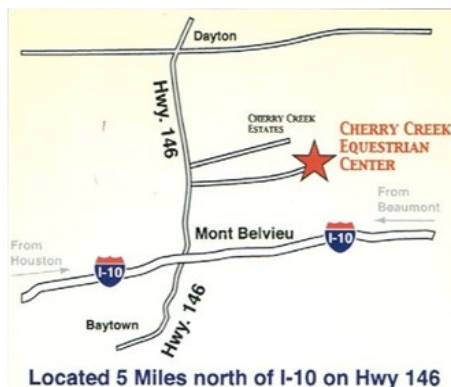


November 15 & 16, 2014

Stock Show University is a FREE educational 2-day clinic open to stock show youth and adults, no registration is required, you just need the desire too learn from the best. Expand your knowledge on all avenues of owning a show animal.

Bring your calf for a fun learning experience!!

For more information
Please Contact Tabitha Klise
281-507-9738
dtklise@Verizon.net



Cherry Creek Arena
13850 Highway 146
Mont Belvieu, TX 77535
5 miles North of I-10 East

4-H NEWS

Community Service

In 4-H, service is commonly defined as the voluntary action of an individual or a group of individuals without pay. Service to the community – through food drives, raking the yard of an elderly neighbor, adopt-a-highway programs, teens teaching younger youth, teens mentoring children or youth determining community needs and helping solve community problems – helps young people learn caring, leadership and citizenship.

Service Learning Project

Service-Learning is a strategy that integrates community needs, intentional learning objectives, and structured opportunities for reflection. Service-Learning projects take community service or volunteer projects to the next level by emphasizing both service and learning to create a more meaningful experience for youth.

Youth research homelessness in their community and contact local homeless shelters to learn about the types of services they provide. Youth then decide together on a service project that will support this community need. After planning and completing the service project, youth reflect upon both the Service-Learning process and the service project.

Citizenship

4-H strives to develop young people who are engaged and informed citizens. Through hands-on activities, members learn leadership, empathy, communication, and organization while expanding their role in decision-making processes. With intentional connection to their communities, youth come to understand "the big picture" and their role in civic affairs. 4-H Citizenship is the knowledge, Skills, attitudes and motivation that give youth the capacity to move beyond one's individual self-interest and to be committed to the well-being of some larger group.

By providing them with opportunities to connect to their communities and adult leaders, youth gain a clear understanding of their role in civic affairs and are able to build their decision-making ability.

Four Focus Areas of 4-H Citizenship:

- Civic Engagement
- Civic Education
- Service
- Personal Development

43rd Annual Summer Horsemanship School Program

COMING to Orange County SUMMER 2015!!!!

Dates and more information to follow!!!!!!

The Texas A&M AgriLife Extension Summer Horsemanship School Program provides youth and adults a great opportunity to gain a solid foundation and advance riding skills, regardless of the riding discipline chosen.



Topics: Rein aids, hip-pping-in, side-passing, two-tracking, bridling-up (collection), stopping, backing, rollbacks, turnarounds (spins), gaits and leads and much much more!!!!

4-H NEWS

Orange County Livestock Show

October 10-11, 2014



Silent Auction

This year a silent auction will be held in conjunction with the Orange County Livestock Show. We are asking the 4-H Clubs and FFA clubs of Orange County to contribute at least 2 items towards this auction. You may bring your items into the extension office or deliver them Friday, October 10 to the show grounds with Les Daigle or Christina Perez

Orange County Livestock Show Association Kobe Beef Freezer Steer Raffle

Orange County 4-H and FFA members are selling \$5 raffle tickets. Purchase your tickets for a chance to win half of kobe steer custom wrapped. Drawing will be held October 11, 2014 during the Orange County Livestock Show Association's annual auction.

Be a Buyer - Stock Show Supporter - Show Sponsor!!!!!!

(Contact Sabrina Gray—882-7010)

Be a Vendor!!!!

(Contact Jennifer McConnell: mcconnelljks@yahoo.com)

Orange County Livestock Association Fall Bash Prospect Jr. Breeding Heifer Show

October 11, 2014

OCLSA Show Barn off Hwy 62 in Mauriceville

Heifer show will start at 12 noon

Check in: 10:30 am—11:30 am

Entry fee: \$25.00

On site registration will be available or you may pick up a registration form at the extension office.

Orange County Livestock Association Spring Bash Prospect Jr. Show

February 28, 2015

OCLSA Show Barn off Hwy 62 in Mauriceville

Show Order will be:

Swine, Lambs, Goats, Steers, and Heifers

Check In for Swine, Lamb and Goat between 7:00 am till 8:30 am

Show Time: 9:00 am

Check In for Steer and Heifers: between 10:00am till 11:30 am

For more information: call 882-7010 and speak with Sabrina Gray

4-H NEWS

**IMPORTANT DATES TO REMEMBER FOR THE
2015 South Texas State Fair
March 26 – April 5, 2015
NOTICE: DEADLINE DATES ARE FOR
ORANGE COUNTY
4-H OFFICE**

Poultry

Order/Entry Deadline	<u>September 24, 2014</u> 4-H DEADLINE
Turkey Pickup	<u>December 10, 2014</u> – YMBL Office
Roaster Pickup	<u>January 7, 2015</u> – YMBL Office
Broiler Pickup	<u>February 11, 2015</u> – YMBL Office
Poultry Show	<u>March 27, 2015</u>

***NOTE:** All poultry pickup will be from 4:00 –6:00 PM*

Lambs, Goats, Swine, and F1 Heifers

Tag Order Deadline	<u>October 1, 2014</u> 4-H DEADLINE
Tag Pickup Date	<u>November 12, 2014</u>
Entry Deadline	<u>December 11, 2014</u>
Lamb Show	<u>March 26, 2015</u>
Goat Show	<u>March 26, 2015</u>
Swine Show	<u>March 29, 2015</u>
F-1 Show	<u>March 29, 2015</u>

Steers

Tag Order Deadline	<u>July 23, 2014</u> 4-H DEADLINE
Tag Pickup Date	<u>August 25, 2014</u> (4-H/FFA Mtg.)
Entry Deadline	<u>September 10, 2014</u> 4-H DEADLINE
Steer Show	<u>March 31, 2015</u>

Rabbits

Entry Deadline	<u>January 29, 2015</u> 4-H DEADLINE
Rabbit Show	<u>March 28, 2015</u>

Auction

Poultry and Rabbit	<u>April 1, 2015</u>
Lambs, Goats, Swine, F-1 and Steers	<u>April 2, 2015</u>

4-H NEWS**District 9 4-H Junior Leadership Lab****November 14- 15, 2014****Caroline Creek Camp, Huntsville, TX**

*We are looking for
1-2 4-H Volunteers to
Chaperone & Drive Vans*

Registration will open September 1 thru October 12, 2014

This is a District wide leadership training focused on youth ages 11- 13!!!

Scholarships available at the 4-H Office!!!!!!

If your child is interested in attending please register on 4-H Connect and call the extension office and sign up with Kim 882-7010 to ride the van.

**Tractor Supply Paper Clover Campaign****October 8-19, 2014**

"TSC is excited and invites your club to get active with your local store if not already. Talk with your store manager about what activities and partnership opportunities exist in your area."

To get you started, here are some ideas on getting involved with your local store:

- Hold fundraisers at your local TSC during holidays!
- Valentine's Day: Sell Valentine's Day cards made by 4-H members
- July 4th: Sell hot dogs and hamburgers
- Fall: Carving pumpkins to sell
- Winter Holidays: Set up a gift wrapping table

Ask your store about using your local TSC as a potential meeting site, field trip, or exhibition

Call your local Tractor Supply to set up a time during the promotion!!



4-H NEWS



District 9 4-H Leader College in Huntsville

November 15

Leader College is open to all 4-H Adult leaders in District 9 and is focused on helping you, help 4-H ers succeed with their projects! Details of the event are being finalized but know that 10 to 12 project areas and 4-H topics will be covered and the event will offer you the opportunity to engage with 4-H professionals and expand your knowledge for support of 4-H Members.

NEW THIS YEAR!!!! Leader College is happening at the SAME TIME, and SAME PLACE, as Junior Leadership Lab. This means you can stay over night if you wish, and attend training while your kids participate in Junior Leadership Lab.

Cost will be \$45 for overnight participants and \$20 for day time only participants!



4-H Community Service

Join over 10,000 other 4-H members in Texas on October 11, 2014 as we step out into our communities to make a difference in one day!

One day 4-H is one day for all the 4-H members, parents, leaders, and volunteers to step out into their communities and county and say "thank you" by giving back for them more than 103 years of support to 4-H in Texas.

We, Orange County 4-H challenge each individual 4-H member/club to commit to a one day community service project the week of October 6th. Contact Christian Perez, your 4-H Agent to get started.

What can you do in one day?

Join Us on Monday, October 6th at 2 pm for Orange County Commissioner's Court Proclamation of One Day, National 4-H Week.

Call the 4-H Office and let us know if you will be attending.

4-H NEWS



Do you love sharing what you know best about sewing, cooking, photography, archery, animals and more??? We would be happy to hear from you!!!



Contact: Christina Perez
(4-H & Youth Development Agent)
409-882-7010



**Let's go
Let's Grow**



Orange County



4-H



Southeast Texas Beef Symposium and Trade Show

Tuesday, October 28, 2014
Winnie Stowell Community Building
225 South Park Street Winnie, Texas 77665

The annual Southeast Texas Beef Symposium and Trade Show is right around the corner! We are excited to present to you new and innovative information in the Beef Cattle Industry!

Results from the Hay Testing Campaign will be displayed and there will also be a Hay Judging and Plant Identification contest to test your knowledge. CEU's will be offered as well.

Pre-Register for \$15 by completing the bottom portion of this page. Registration at the door will be \$20.

Refreshments and lunch will be included in price of registration.

We look forward to seeing you there!

Emilee Bean
Texas A&M AgriLife Extension Service
1225 Pearl St. Suite 200
Beaumont, Texas 77701
Phone: 409-835-8461
Fax: 409-839-2310
E-mail: emilee.bean@ag.tamu.edu



TEXAS A&M
AGRI LIFE
EXTENSION

Improving Agricultural Production in Southeast Texas

11:30 a.m.	Registration and Trade Show Opens
12:00 p.m.	Welcome and Lunch Presentation Aaron Sumrall—Feral Hogs
1:00 p.m.	Trade Show
1:30 p.m.	Session 1 Dr. Vanessa Corriher-Olsen Forage Assessment and Improvement
2:30 p.m.	Hay Judging, Plant ID Contest And Trade Show
3:00 p.m.	Session 2 Dr. Ed Ferguson Selecting for Genetic Traits, EPD's, Artificial Insemination
4:15 p.m.	Session 3 Superior Genetics Representative Beef Cattle Market Update
5:15 p.m.	Trade Show Closes

A collaboration of Chambers, Hardin, Jefferson, Liberty, Orange and San Jacinto Counties

Southeast Texas Beef Symposium and Trade Show - Registration Form October 28, 2014

Name _____

Mailing Address _____

City _____ State _____ Zip Code _____ Phone _____

Pre-Registration Fee is \$15.00 per person. \$20.00 at door.

Return form and payment to:

Jefferson County Agriculture Committee
Texas AgriLife Extension Service - Jefferson County
1225 Pearl Street, Suite 200
Beaumont, TX 77701



Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact Cary Erickson, Jefferson County Human Resources Director at (409) 839-2391 five working days prior to the meeting so appropriate arrangements can be made.
 Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Halloween Fire Safety Tips

- ⇒ When choosing a costume, stay away from billowing or long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so they can see out.
- ⇒ Provide children with flashlight to carry for lighting or glow sticks as part of their costume.
- ⇒ Dried flowers, cornstalks and crepe paper are highly flammable. Keep these and other decorations well away from all open flames and heat sources, including lightly bulbs, and heaters.
- ⇒ It is safest to use a flashlight or battery-operated candle in a jack-o-lantern. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace-style matches or a utility



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

Hungry goblins will love getting their hands on these crunchy carrot snacks.

What you'll need

- vegetable dip
- 4 long carrots
- 1 medium carrot
- softened cream cheese
- sliced-almond



How to make it

To prepare them, just fill a serving bowl with your favorite vegetable dip. Wash and peel 4 long carrots for fingers and 1 medium carrot for a thumb.

With a paring knife (a parent's job), cut a flat, shallow notch in the tip of each carrot. Then use a dab of dip or softened cream cheese to glue a sliced-almond fingernail atop each notch.

Stick the fingers in the dip, as shown, and serve with plenty of peeled baby carrots for dipping.



Healthy Halloween Snack Candy Corn Fruit Cocktail

Ingredients

- pineapple, cut into bite sized chunks
- oranges, cut into bite sized chunks (or I used small Cuties)
- whipped cream
- candy corn

Directions:

In a clear glass, layer pineapple, then oranges and top with whipped cream and a couple pieces of candy corn. Serve right away or refrigerate until ready to serve.

Vegetable Seed Saving Class



TEXAS A&M
AGRI LIFE
EXTENSION

Fun Food & Fitness Series

**Classes are free to
All participants**

The six week series will be held on Wednesdays. Participants need to attend all classes to receive the complete educational benefit. Classes are scheduled as follows

Wednesdays 12 Noon - 1pm

**October 15
November 5**

**October 22
November 12**

For Location & To Pre-Register

Call the Orange County Extension Office

409-882-7010



Classes will educate adults to make healthier choices one day at a time.
Are you ready to look and feel better?

Do you want nutrition for the prevention of diseases?

THEN

This is the class for you!

Educational programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability religion, age, or national origin. The Texas A & M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas Cooperating.

TEXAS A&M AGRILIFE EXTENSION
11475-A FM 1442
Orange, TX 77630
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**TEXAS A&M
AGRILIFE
EXTENSION
IN THE OCTOBER ISSUE:**



- Annual Pecan Fundraiser
- Earthkind Landscape Presentation
- Rice Cooking Contest
- Roasted Pumpkin Seed recipe
- August Diabetes Class Pictures
- DWBW with Diabetes class
- Savvy Shoppers class
- Apiary Class pictures
- New Certified Master Gardeners
- Benefits for Family Mealtime
- Canning Meat, Poultry, & Game class
- **4-H News: Pages 10-19**
- Southeast Texas Beef Symposium
- Halloween Fire Safety Tips & snack ideas
- Vegetable Seed Saving Class pictures
- Fun Food & Fitness Class Series

Pumpkin Cookies

Ingredients (Original recipe makes 3 dozen)

- | | |
|-------------------------|-----------------------------|
| • 2 cups shortening | • 4 cups all-purpose flour |
| • 2 cups white sugar | • 6 tbsp butter |
| • 2 cups canned pumpkin | • 8 tbsp milk |
| • 2 eggs | • 2 cups confectioners' |
| • 2 teaspoons baking | sugar |
| soda | • 1 1/2 tsp vanilla extract |
| • 1 1/2 tsp ground | • 1 cup packed brown |
| cinnamon | sugar |
| • 1 teaspoon salt | |

Directions

1. Cream shortening, white sugar and pumpkin. Add eggs and mix well. Sift together the baking soda, ground cinnamon, salt and flour. Add to pumpkin mixture and mix well.
2. Drop from spoon to cookie sheet. Bake 10 minutes at 350 degrees F (175 degrees C).
3. To Make Frosting: Cook butter, milk, and brown sugar until dissolved. Cool and add confectioners' sugar and vanilla. Spread over warm cookies.

***Allrecipes.com