

TEXAS A&M AGRI LIFE EXTENSION

Orange County AgriLife Newsletter

JULY 2015

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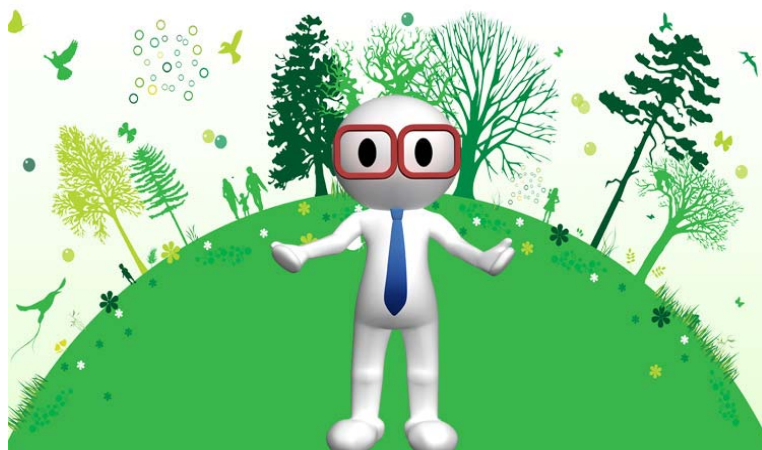


Look for us as
Texas A&M AgriLife
Extension—Orange County



PAGES 5-9

WE ARE GOING GREEN!



Send us your email address to go
green with us:
Orange-tx@tamu.edu

4th of July



Independence day

Our office will be closed
Friday, July 3
in honor of Independence Day

Food Handlers class

The class is a basic overview of food safety practices that are necessary to ensure you serve safe food at your establishment such as but not limited to:

- Good Personal Hygiene
- Cross Contamination
- Time and Temperature abuse

TEXAS A&M
AGRI LIFE
EXTENSION

Texas Department of State Health Services
accredited food handlers program
This class is recommended for all food service employees
to help promote the service of safe food

July 23, 2015
9 am to 12 pm
\$20 per person/payable by
check or cash the day of
the class

To PRE-REGISTER Call 882-7010

Classes will be held at the
Texas A&M AgriLife Extension Service
Hwy 1442 Orange

Must Pre-Register!



Certified Food Manager Course

August 10-11, 2015 9 am - 4 pm
Testing August 12, 2015 9 am - 12 noon

Must Pre-Register by going to the website below
print out the form and mail to the address on the form
before class registration deadline JULY 27th.

<http://foodsafety.tamu.edu/>

\$125 per person
Includes 2-day course
handbook with all materials
national certification exam



2-Day
Certification
Course followed
by Exam on the
3rd day



Course & Exam to be held at
Texas A&M AgriLife Extension Office
11475 FM 1442 Orange

For questions call
409-882-7010



Hand's On Vegetable Canning Class

Wednesday, July 22, 2015
10 am to 12 Noon
\$20 per person*

*Cash or Check payable the day of the class



Class is limited. Call the Extension office for your reservation, 882-7010.



Hand's on class taught by
Fallon Foster, CEA
Family & Consumer Science



Free for families with children
ages 7-17.
Weekly meeting held from
July 7 through September 8th
5:30 pm to 7:30 pm.

Strengthening Families topics include

- ♥ Communication/Listening Skills
- ♥ Limits and Consequences
- ♥ Problem Solving and Negotiation Skills
- ♥ Stress and Anger Management Skills
- ♥ Extension Programs

Offered by
Spindletop Center Youth Prevention Services in
collaboration with Texas A&M AgriLife Extension
Orange County

More pets get lost on July 4th than any other day of the year.

Source: HomeAgain

Keep your dog safe this Independence Day.
Share these eight tips for enjoying the Fourth of July with your dog.



Be sure your dog is wearing an up-to-date and visible ID tag on her collar at all times.



Take a current photo of your dog, just in case.



Exercise your dog early in the day before parties begin.



During cookouts, ask guests to play with your dog away from the flames.



Keep dog treats on hand for those who want to give your dog food.



Leave your dog at home with a frozen stuffed treat during the fireworks.



If your dog is afraid of loud noises, leave gentle music playing to cover the fireworks.



Keep charcoal, fireworks, sparklers and glow sticks far from curious canines.

Petfinder
SUMMER Pet
Safety

Learn more at www.petfinder.com/SummerPetSafety

Recommended Fireworks Safety Tips

- * Obey all local laws regarding the use of fireworks.
- * Know your fireworks; read the cautionary labels and performance description before igniting.
- * A responsible adult **SHOULD** supervise all firework activities. Never give fireworks to children.
- * Alcohol and fireworks do not mix. Save your alcohol for after the show.
- * Wear safety glasses when shooting fireworks.
- * Light one firework at a time and then quickly move away.
- * Use fireworks **OUTDOORS** in a clear area,; away from buildings and vehicles.
- * Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- * Always have a bucket of water and charged water hose nearby.
- * Never carry fireworks in you **POCKET** or shoot them into **METAL** or **GLASS** containers.
- * Do not experiment with homemade fireworks.
- * Dispose of spent fireworks by wetting them down and place in a metal trash can away from any building or combustible materials until the next day.
- * FAA regulations **PROHIBIT** the possession and transportation of fireworks in your checked baggage or carry-on-luggage.
- * Report illegal explosives, like M-80s and quarter sticks, to the fire or police department.

Please Notice This

**Attention Ag Producers****June 30th 11:30 extension office Beef Symposium Planning meeting****July 1 11:00 am Agriculture Committee meeting at extension office****Beef Symposium set for October 27, 2015 at the Orange County Expo & Convention Center.****Word from your Ag Agent:**

Over the past few weeks many calls I receive and visits I go on are problems caused by the excess rainfall. Although, rainfall is great for a variety of reasons too much can hinder our crops, gardens, and livestock endeavors. The biggest problem we see is that plants cannot withstand the amount of rainfall we have received. In addition, excess precipitation causes the nutrients in the soil to leach, or to be washed away. This is why soil sampling is so important to all aspects of your outdoor endeavors like lawn care, gardening, crop production, fruits, and livestock. The final problem with receiving triple the amount of our annual rainfall for the year is that erosion of roads, canals, culverts, and various other areas that would normally go unhindered. In the following articles I have tried to hit the many areas that are prevalent in Orange County, as always my door is always open!



By: Ashlee Krebs, Orange County, CEA AgNR

Tractors couldn't get into fields to plant crops this year because it was just too wet. Hay producers are behind like many producers in the industry. The record-setting rain in the month of May delayed planting for many farmers by as much as four to six weeks, as well as our friend Bill who came and visited us in June brought many problems. While planting was an issue as rain continued to fall, many farmers are still seeing effects of the mass amount of the inches of rain received last month. Furthermore, flooding having a negative impact on the county as the rivers and creeks were on a steady rise. As much as drought is so detrimental to agriculture so is too much rainfall.

For many crop producers within one field you will have crops planted at the same time, but due to the amount of precipitation the growth of the plant is delayed because of standing water. The plant didn't grow like the others so you will have different stages of maturity in the field. This means harvest and yield are greatly impacted.

Crops in the same field being in different stages of the growth process can make it hard on farmers when it comes to management and harvest, for example, if there is a pest infestation in a field that is related to crops blooming or pollinating, farmers may have to spray the crop more times because of the different levels of maturity in the plants. Farmers in the area aren't the only ones seeing these effects.



In various other parts of the state wheat crops have been wiped out, while corn crops are expected to do well this year.

Hay producers in the local area are finding lower yields due to the significant amount of rain, and not being able to work their fields. Rice production has taken a major blow like many other crops. Not being able to plant fields, work fields, move equipment in and out, plants unable to pollinate, mature, and ultimately yields are expected to be significantly lower.

In other areas of the state that have had many years of drought are at a breaking point with all the rainfall. Because of the drought that has persisted the last few years, the excessive rain can also cause long-term issues. Erosion is one of those that are causing issues even in our area. When the ground stays dry for long periods of time, it cracks and breaks, but when the heavy rains come, it can wash away the broken ground.

Another long-term effect of the rain is weeds, the rain not only kept farmers from planting, but it also kept them from ridding their fields of invasive plants. These weeds will be persistent for years to come, and farmers will have an uphill battle in maintaining them. With the damage done to this season's batch of crops, many say farmers can only prepare for the future.

Many farmers have learned that drainage ditches are important even in drought areas in the state. Especially, here in Orange County where drought isn't always an issue, and we seem to be plentiful in water. However, with waterways backing up, and roads flooded, it brings many back to the drawing board on how to prevent for future like circumstances.



August 3rd, 4th and 5th

1:00—4:00 pm

Texas A&M AgriLife
Extension Office
(11475 FM 1442)

Registration Fee \$15 per child due by July 27, 2015

Come experience the fun of what 4-H has to offer for the 4-H clover member. Some of the fun things we will be doing are Gardening, Animals, Sewing, Fitness, Food and FUN, FUN, FUN!

If you would like to be a part of our exciting camp, call the 4-H office

882-7010.



Outdoor Awareness for Kids



Ages 8-14

July 10, 2015

Claiborne West Park

1pm - 4pm

Call 409-882-7010

for more information



Orange County 4-H Leadership Series

JULY 7th at the 4-H Office,

6:00 pm—7:30 pm (1st Tuesday of each month)

Join us each month for games, food, leadership activities and comradery. Learn new skills, learn about careers and much more!!!!!!

Come experience the world of 4-H!!!!

Orange County 4-H Community Service at Claiborne Park

IH-10, 12 miles West of Orange

July 27, 2015

9am—12 noon



Calling all 4-Hers!!!!

We will be painting and decorating trash cans for the park.

Be sure to wear old clothes

Bring your bug spray, hats.

*****Snack and drinks will be provided*****



Orange County Livestock Show

October 9-10, 2015



Information meeting on obtaining buyers
and
ticket distribution
July 6 at 6:00 pm

Christina Ritter (4-H Agent), Les Daigle (OCLSA) and Ashlee Krebs (Ag Agent) will explain the importance of obtaining buyers and how to sell your animal. All students planning to exhibit at the Orange County Livestock Show **are expected** to attend this training session.

It is very important for the exhibitors to go out and visit businesses and ask for their support and this training will give you advice and examples on the best way to do that.

OCLSA Tag In July 11th

8 am till noon
at the OCLSA Barn
5319 Arnel Road
Mauriceville

ANYONE who will be showing any of these
animals at the OCLSA Show October 9 & 10
must be at tag in

Poultry
Swine
Rabbits
Lamb
Goat

OCLSA CHICKEN PICK-UP

August 13th

8 am to 10 am

At the

Texas A&M AgriLife
Extension Office
11475 FM 1442 Orange
409-882-7010

****Should an exhibitor be unable to attend due to a
prior engagement, a family member attend tag in

**IMPORTANT DATES TO REMEMBER FOR THE****2016 South Texas State Fair
March 24 – April 3, 2016****Poultry**

Order/Entry Deadline

September 28, 2015-4-H Ofc Deadline

Turkey Pickup

December 8, 2015– YMBL Office

Roaster Pickup

January 6, 2016– YMBL Office

Broiler Pickup

February 10, 2016– YMBL Office

Mkt. Poultry Show

March 25, 2016

*NOTE: All poultry pickup will be from 4:00 –6:00 PM***Lambs, Goats, Swine, and F1 Heifers**

Tag Order Deadline

October 7, 2015-4-H Ofc Deadline

Tag Pickup Date

November 11, 2015

Entry Deadline

December 10, 2015

Lamb Show

March 24, 2016

Goat Show

March 24, 2016

Swine Show

March 27, 2016

F-1 Show

March 27, 2016

Steers

Tag Order Deadline

July 17, 2015- 4-H Ofc Deadline

Tag Pickup Date

August 24, 2015 (4-H/FFA Mtg.)

Entry Deadline

September 14, 2015-4-H Ofc Deadline

Steer Show

March 29, 2016

Rabbits

Entry Deadline

February 2, 2016-4-H Ofc Deadline

Mkt. Rabbit Show

March 26, 2016

Auction

Poultry and Rabbit

March 30, 2016

Lambs, Goats, Swine, F-1 & Steers

March 31, 2016

2015 4-H Lock-In



Arts and Crafts



4-H Food Challenge!!



Photo Booth!!



Dancing!!



Team Building!!



Gardening!!



Food Judges!!



4-H NEWS

We would like to recognize Vanessa Davis from Mighty Pirates 4-H for her efforts promoting 4-H during the school year at Vidor Elementary School.

Vanessa also competed at the District 9 4-H Round Up in the Food Show contest which took place May 1 in Alvin Texas



Way to go Vanessa!!!!!!

Kelsey Jordan of Dusty Trails 4-H placed 3rd in the competitions of Trail and Poles and 5th in Pleasure at the District 9 4-H Horse Show which took place June 16-18 in Bryan Texas



**CONGRATULATIONS
and good luck at State!!!!!!**

Caitlyn Glawson

Mighty Pirates 4-H

**Awarded the Orange County 4-H
Scholarship**



CONGRATULATIONS!!!!!!

On May the fourth, Dusty Trails 4-H had their final meeting before summer started. After our meeting Sandra Hoke from the Master Gardeners Association visited and showed us how to flower pound (which is putting a cloth on top a flower and pounding it with a hammer)

After the pounding, we stuffed ourselves with GREAT food and pastries . Thank you to those who made the delicious food.

We would like to thank everyone who attended this years Dusty Trails 4-H club and everyone at the 4-H office who helped educate us this year. I hope everyone has a great summer!

by: Joseph fusilier—Reporter



Juvenile Arthritis...What is Juvenile Arthritis?



Juvenile arthritis (JA) is not a disease in itself. Also known as pediatric rheumatic disease, JA is an umbrella term used to describe the many auto-immune and inflammatory conditions or pediatric rheumatic diseases that can develop in children ages 16 and younger. Juvenile arthritis affects nearly 300,000 children in the United States.

Although the various types of juvenile arthritis share many common symptoms, like pain, joint swelling, redness and warmth, each type of JA is distinct and has its own special concerns and symptoms. Some types of juvenile arthritis affect the musculoskeletal system, but joint symptoms may be minor or nonexistent. Juvenile arthritis can also involve the eyes, skin, muscles and gastrointestinal tract.



Tree Fruits

Tree fruits which include apples, pears, peaches, and plums are often key tools in exceptional desserts. Their natural sweetness and wide range of textures makes them ideal for a variety of dishes. Here are some fun facts concerning tree fruits.

Plums contain caffeic and ferulic acids, both of which may help prevent stomach cancer. Plums can also aid iron absorption.

Peaches are members of the rose family and are also related to almonds. Peaches are either freestone or cling.

Pears ripen from the inside out, instead of from the outside in. They also do most of their ripening once they're off the tree.

Apple trees take four to five years before they grow any fruit. Keep the peels on your apples because it contains vitamin C and the peel offers fiber.

Source: Food and Health Communications foodandhealth.com



Rainfall and Your Backyard

Our recent rain fall will bring out the bugs and the fungus too, but there are things you can do to take control of your of your home and yard.

Ants, roaches, brown patch -- the rain is bringing them out but you can fight back.

If you have fire ants in your yard, or your lawn is turning brown or heaven forbid roaches inside your home you can blame it all on our recent rain fall.

"Because of the rain, a lot of outside bugs are going to try to come inside. You have a controlled environment inside. It's dry, it's an even temperature, there's food," said Ken Bernard with Solutions Self-Chem.

Bernard is seeing a steady stream of people worried about pests and brown patch. Barnard says if your yard is turning yellow apply a fungicide.

"Kind of like lettuce that's been in a crisper too long. It's going to be kind of rotten. And that's what it does it's a disease that rots it," he said.

The reason roaches are a problem is because wet weather is forcing them to find dry ground so Bernard says apply an insecticide to the exterior of your home.

"We recommend that you spray the base of the house. Around the doors, the windows. We recommend that you spray the weep holes if it's a brick house," Bernard said.

As for fire ants, the rain is making them build mounds to keep the hive dry.

"When there's a lot of rain, the ground gets really saturated. It gets really wet and uncomfortable and a little bit dangerous so they kind of have to move everything up," said Erin Mills, an entomologist at the Houston Museum of Natural Science. "So that's when you see a lot of those mounds pop up above ground so that they can get everything out above the water."



Grilled Teriyaki Shrimp Skewers

Serves 6 Prep Time: 25 mins

Ingredients

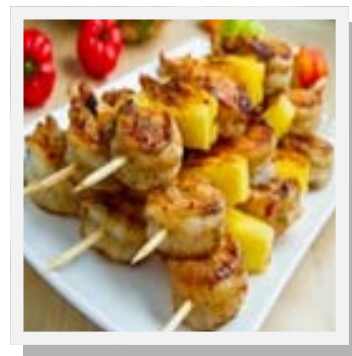
1 large red onion, cut into 8 wedges
1 pineapple, cut into large chunks
1 lb. shrimp, peeled, deveined
½ cup low-sodium teriyaki sauce

Directions

1. Assemble skewers with pineapple, shrimp and onion. Brush with teriyaki sauce.
2. Spray grill with cooking spray. Grill over medium-high for 6-8 minutes per side, or until shrimp are firm.

Calories 148, Fat 1g, Protein 17g, Carbohydrates 17g, Fiber 1g, Sodium 540mg, Cholesterol 115mg, Sugar 12g

Source: Produce for Kids produceforkids.com





Sunscreen

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.



How sunscreen works. Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cosmetics. Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves.

Mitigating Impacts of Weather



Farmers are still dealing with the impact the excessive rains have had on their crops this year, however there are ways to prevent such severe impacts on yield in the future, according to Melissa Blair, USDA Natural Resources Conservation Service spokeswoman.

- Make sure soil is healthy. If soils are unhealthy, they can hold less water and nutrients. Healthy soil can keep hold more water and stop flooding

downstream.

- Grow cover crops and avoid conventional tilling. Cover crops can prevent erosion and stop water movement across the field. Conventional tilling can hold standing water.
- Create buffer strips of land within vegetation. Buffers can reduce downstream flooding and stabilize stream banks.

Clearing Muddy Ponds by Don Steinbach and Billy Higginbotham

Muddy water is often a problem in Texas farm ponds because it inhibits the growth of natural fish foods and is not aesthetically pleasing. In addition, the reduced visibility in muddy ponds limits the ability of sight-feeding predators, such as largemouth bass, to feed on forage populations effectively.

The first step in clearing ponds is to inspect the watershed and shoreline for signs of erosion. Grass sod should be established on bare areas. Rocks or other rip-rap material should be placed on shorelines of larger ponds if eroded by wave action. Many ponds become temporarily muddy following heavy rains, but clearing usually occurs in a few days. Abundant bullhead catfish and/or common carp populations may also cause muddy conditions and should be eliminated. If heavy rainfall or undesirable fish are not causing muddy conditions, the cause is negatively charged clay particles. These particles repel each other and will not settle out. The addition of positively charged particles causes coagulation and precipitation of clay particles. Compounds recommended for clearing ponds include agricultural limestone, alum (aluminum sulfate) hydrated limestone and gypsum (calcium sulfate). The compound utilized should be determined by its cost, availability and effectiveness. Ponds in East Texas require special consideration because of their typically low pH



and total alkalinity. Water samples should be analyzed to determine the need for agricultural limestone applications. The addition of this compound often clears East Texas ponds. *Extension fisheries specialist and Project Supervisor, Wildlife and Fisheries Sciences, Texas A&M University; and Extension wildlife and fisheries specialist, Prairie View A&M University, The Texas A&M University System, Ponds in other areas of the state usually can be cleared with gypsum.

However, tests should be run on each muddy pond to determine the type and amount of compound to use because condition varies so greatly. These tests can be run by obtaining several 1-gallon samples of pond water in glass jars. One of the gallon samples should be set aside as a control for comparison. A second gallon jug is needed to prepare a slurry for each compound tested. At least three other samples

should be treated at various rates to determine the rate and type of compound that provides the most satisfactory results. Gypsum Mix 2 level tablespoons (use a standard measuring spoon) of gypsum in 1 gallon of clear water. Stir until gypsum is in a slurry.

Alum The lowest concentration that will precipitate the colloidal clay in 12 hours should be used to treat the Mix 1 level tablespoon (use a standard measuring spoon) of alum in 1 gallon of clear water. Stir until alum is used for treatments. Be sure to consider the economics between gypsum and alum/hydrated lime.

Excessive Rain On Plants: How To Garden In Wet Ground

By Amy Grant

To a gardener, rain is generally a welcome blessing. Wet weather and plants are usually a match made in heaven. However, sometimes there can be too much of a good thing. Excessive rain on plants can cause plenty of trouble in the garden. Overly wet weather causes diseases via bacterial and fungal pathogens fostered by long term moisture on foliage and root systems. If your garden is in region of plentiful rainfall or has just been hit by storms, you might be wondering how to garden in wet ground and what are the effects of wet weather on the garden.

Effects of Wet Weather in Gardens

As mentioned above, excessive rain on plants promotes disease often evidenced in stunting, spots on foliage, decay on leaves, stems or fruit, wilting and, in severe cases, death of the entire plant. Extreme wet weather also keeps pollinators at bay affecting bloom and fruiting.

If your plants exhibit these symptoms, it may be too late to save them. However, by monitoring and early recognition, you may be able to avert disaster in the garden due to excessive rain on plants and the resulting diseases that plague them.

Wet Weather Diseases

There are a number of wet weather diseases that may afflict the garden.

Anthracnose – Anthracnose fungi spread on deciduous and evergreen trees during overly wet seasons and usually begin on lower branches, gradually spreading up the tree. Also called leaf blight, anthracnose appears as dark lesions on leaves, stems, flowers and fruit with premature leaf drop.

To combat this fungus, rake and dispose of tree detritus during the growing season and fall. Prune in the winter to increase air flow and remove infected limbs. Fungicidal sprays can work, but are impractical on large trees.

Powdery mildew – Powdery mildew is another common disease caused by excessive rain. It looks like a white powdery growth on leaf surfaces and infects new and old foliage. Leaves generally drop prematurely. Wind carries powdery mildew spores and it can germinate even in the absence of moisture.

Sunlight and heat will kill off this fungus or an application of neem oil, sulfur, bicarbonates, organic fungicides with *Bacillus subtilis* or synthetic fungicides.

Apple scab – Apple scab fungus causes leaves to curl and blacken and black spots appear on rose bush leaves during rainy seasons.

Fire blight – Fire blight is a bacterial disease that affects fruit trees, such as pear and apple.

Iron chlorosis – Iron chlorosis is an environmental disease, which prevents roots from in taking enough iron. Shot hole, peach leaf curl, shock virus, and brown rot may also assault the garden.

How to Garden in Wet Ground and Prevent Disease

As with most things, the best defense is a good offense, meaning prevention is the key to disease management during rainy seasons. Sanitation is the number one cultural technique to manage or prevent disease. Remove and burn any diseased leaves or fruit from not only the tree or plant, but from the surrounding ground as well.

Secondly, select cultivars that are resistant to disease and situate them on high ground to prevent root rot. Plant only those cultivars that thrive in wet environments and avoid those that are native to drier regions.

Disease spreads easily from plant to plant when leaves are wet, so avoid pruning or harvesting until the foliage has dried off. Prune and stake the plants to improve aeration and increase dry time after heavy rainfall or dewy mornings. Improve soil drainage if it is lacking and plant in raised beds or mounds.

Remove any infected plant parts as soon as you see them. Remember to sanitize the pruners before moving on to other plants so you don't spread the disease. Then either bag and dispose or burn infected leaves and other plant parts.

Finally, a fungicide may be applied either prior to or early in the development of disease.

Celebrate Summer



Apple Crisp

Ingredients:

4 Medium baking apples, peeled, cored, and sliced

2 Tbsps. brown sugar

½ tsp. apple pie spice

¼ cup lowfat granola cereal



Directions:

Toss apples with brown sugar and apple pie spice, then place in a large glass microwave-safe container. Cover and microwave on full power until apples are tender—about 6 to 8 minutes. Serve in individual dishes and top each portion with 1 Tbsp of lowfat granola.

Nutrition Information:

Makes 4 servings.

Each ¾ cup has 130 calories, 1 gram of fat, 0 grams of saturated fat, 0 grams of trans fat, 0 mg of cholesterol, 10 mg of sodium, 18 grams of sugar, 2 grams of fiber, 30 grams of carbohydrates, and 1 gram of protein.

Source: Food and Health Communications foodandhealth.com

Light and Fresh Potato Salad Recipe

Ingredients

Dressing:

1/4 cup seasoned rice vinegar

2 tablespoons canola oil

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

Salad:

5 cups cubed red potato (about 2 pounds)

1/2 teaspoon salt

1 cup chopped peeled cucumber

3/4 cup sliced grape or cherry tomatoes

3/4 cup chopped green bell pepper

1/2 cup chopped orange bell pepper

1/4 cup chopped green onions

1 (2 1/4-ounce) can sliced ripe olives, drained



Directions

To prepare dressing, combine first 4 ingredients in a large bowl: stir with a whisk.

To prepare salad, place potato and 1/2 teaspoon salt in a medium saucepan. Cover with water to 2 inches above potato; bring to a boil. Reduce heat, and simmer 8 minutes or until tender; drain.

Add potato to dressing in bowl, tossing gently to coat; let stand 15 minutes. Stir in cucumber and remaining ingredients; toss well. Cover and chill.

Source: Cooking Light, www.myrecipes.com

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Healthy Cooking Activities for Kids

Preparing the following food items gives children a chance to create a unique recipe, choosing the amounts and types of ingredients they would like.

Yogurt Sundaes

Low fat vanilla yogurt, fresh fruit in season, canned fruit, and other dried fruit, chopped nuts, sunflower seeds, toasted oats, wheat gum, etc.

Mini-Pizzas

English muffin or bagel halves, prepared pizza or pasta sauce, vegetable toppings (sliced mushrooms, onions, peppers, sliced olives, broccoli florets, etc.) pineapple chunks, grated part-skim mozzarella cheese, etc.

Healthy Nachos

Baked tortilla chips, refried beans (heated), grated reduced-fat cheddar cheese, grated zucchini, cooked corn, chopped lettuce or fresh spinach, diced tomatoes, salsa, low-fat plain yogurt, etc.

Source: Connie Evers, MS, RD. "Feeding Kids Newsletters," Nutrition for Kids.

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

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.