

County Extension Agents

Fallon Foster
Family & Consumer Science

Christina Ritter
4-H/Youth Development

Office
409-882-7010



County Judge

Brint Carlton

Commissioner Precinct 1

David L. Dubose

Commissioner Precinct 2

Barry Burton

Commissioner Precinct 3

John W. Banken

Commissioner Precinct 4

Jody E. Crump



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



4-H'ers and Family

Be Sure to Check out

Pages 5-11 for the latest

activities and important

dates to remember.

TEXAS A&M AGRI LIFE EXTENSION



***Make sure your child is riding correctly!
Get a free inspection!***

**WHEN: Thursday, March 5, 2015
11:30 am to 2:30 pm**

**WHERE: Orange Fire Department
501 N. 7th Street, Orange**

- Bring your child and seat and know child's weight and height
- For more information contact Fallon Foster, Orange County Extension, 409.882.7010

Sponsored by:

**Orange County
Extension**

**Beaumont
District – TxDOT**



Passenger Safety
in cooperation with
Save a Life™
Texas Department of Transportation

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.

Orange, Jefferson & Liberty County will be hosting



March 18, 25, April 1, 8 & 15

9 am to 3 pm

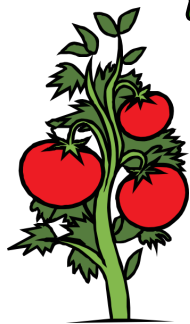
\$50 per person

Receive 40 hours of training, in health and nutrition and give back 40 hours of service to your church, organization and community as a Master Wellness Volunteer.

Ways in which Volunteers can help their communities include

- Developing or strengthen faith based wellness programs*
- Worksite wellness programs*
- Wellness programs in your civic group*

Interested in learning more call Fallon at the Extension office at 882-7010



The Orange County Master Gardener's Annual Bloomin' Crazy Plant Fair

April 11, 2015

From 8 AM—1 PM

Jewel Cormier Park

8235 FM 1442, Orangefield



10000

Perennials, annuals, shrubs, tropical, Satsuma's, limes, lemons, cold-hardy avocados, Texas Superstars and heirloom vegetables are just a few of the unique and hard to find plants we will have available. Specialty booths will be available selling unique items.

For more information contact Sheri Bethard at
409-673-5057 or sheribethard@yahoo.com

Food Safety for Cancer Patients

By [U.S. Food and Drug Administration](#) | February 11, 2015

World Cancer Day (Feb. 4) is the perfect time to talk about why food safety is so important for the nearly 15 million Americans who are cancer survivors and the 1.7 million people in the United States projected to be diagnosed with cancer this year.

Treatment of cancer typically involves chemotherapy, radiation, and/or medications to help fight the disease. A side effect of these therapies is that they may weaken patients' immune systems. And, since almost half of cancer survivors are 70 or older, they also have the natural weakening of the immune system that comes with age.

A properly functioning immune system works to clear infections and other foreign agents from the body. But weakened immune systems make individuals more susceptible to infections, including those that can be brought on by disease-causing bacteria and other pathogens in food, and make those individuals more likely to have longer and more serious illnesses.

So, it's essential that cancer patients and survivors make a lifelong commitment to minimize their risk of foodborne illness, also called food poisoning. Doing that calls for proper care when choosing, storing, and preparing foods.

Foods to avoid

If you are at greater risk of foodborne illness, you should not eat:

- Raw or undercooked meat or poultry
- Raw fish, partially cooked seafood (such as shrimp and crab), and refrigerated smoked seafood
- Raw shellfish (including oysters, clams, mussels, and scallops) and their juices
- Unpasteurized (raw) milk and products made with raw milk such as yogurt and cheese
- Soft cheeses made from unpasteurized milk, such as Feta, Brie, Camembert, blue-veined, and Mexican-style cheeses such as Queso Fresco, Panela, Asadero, and Queso Blanco
- Raw or undercooked eggs or foods containing raw or undercooked eggs, including certain homemade salad dressings (such as Caesar salad dressing), homemade cookie dough and cake batters, and homemade eggnog (most pre-made foods from grocery stores, such as Caesar dressing, pre-made cookie dough, or packaged eggnog are made with pasteurized eggs)
- Unwashed fresh vegetables, including lettuce/salads
- Unpasteurized fruit or vegetable juices (these juices will carry a warning label)
- Hot dogs, luncheon meats (cold cuts), fermented and dry sausage, and other deli-style meats, poultry products, and smoked fish — unless they are reheated until steaming hot
- Salads (without added preservatives) prepared on site in a deli-type establishment, such as ham salad, chicken salad, or seafood salad
- Unpasteurized, refrigerated pâtés or meat spreads
- Raw sprouts (alfalfa, bean, or any other sprout)

The four steps to food safety:

1. **CLEAN:** Wash hands and surfaces often.
2. **SEPARATE:** Separate raw meats from other foods.
3. **COOK:** Cook to the right temperatures.
4. **CHILL:** Refrigerate foods promptly.

For more information, see [Food Safety for People with Cancer](#) or call USDA's Meat and Poultry Hotline at 1-888-MPHOTLINE (1-888-674-6854) and ask for a free copy.



42nd Annual Texas A&M AgriLife Extension Service 3 Day Summer Horsemanship School

Program of Texas A&M Equine Specialist Teri Antilley

A Great, Affordable, Hands-On Opportunity for Building a Strong Foundation and Advancing Your Horsemanship Skills



Orange Sheriff's Posse Arena, Orange, Texas

June 29, 30, and July 1, 2015

Registration Fee: \$100 per horse and rider

Registration, Waiver, Coggins Papers and Payment Deadline: June 1, 2015

Limited to 20 Participants

Participants will receive 24 hours of instruction on basic, intermediate and advanced horsemanship skills and maneuvers, and have the opportunity to practice these with guided instruction.

Youth and adults will have the opportunity to join in the fun of riding their own horse, enjoying good fellowship with like-minded people, and learning from Aggie instructors.

Bring your horse, and anything else you or your horse might need (buckets for watering, all tack, riding boots- not tennis shoes, caps, sunscreen, snacks), and your English or western saddle. **No overnight stalling will be available on the grounds.**

Concessions will be available

For more information, contact
Christina Ritter, County Extension Agent, 4-H/Youth Development
christina.ritter@ag.tamu.edu or call 409-882-7010

Registration with required documents due by June 1, 2015, no late registration accepted

More information about the Program can be found at:
<http://animalscience.tamu.edu/academics/equine/summer-horsemanship/>

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4-H NEWS

Orange County 4-H Leadership Series

March 3rd at the 4-H Office,
@ **6:00 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!!!!

*All 4-Hers
Welcome!!*



*Bring a
Friend!!*

2015 Orange County Photography Contest

March 9, 2015

Entry deadline: March 4, 2015

For rules and guidelines call the 4-H
Office

409-882-7010





2015 TEXAS 4-H HORSE VALIDATION

2015 Horse Validation will open on 4-H Connect **March 1** through **May 1**.

March 1 – April 15 - \$10 per horse

April 16 – May 1 - \$20 per horse

All horses must be validated or re-validated with payment each year, to be eligible to show at District and State 4-H Horse Shows.

ALL HORSES MUST BE APPROVED BY

COUNTY OFFICES BY:

MAY 6, 2015

ALL PAYMENTS MUST BE RECEIVED IN THE

TEXAS 4-H FOUNDATION BY:

MAY 31, 2015

(ANY VALIDATED HORSE UNPAID BY MAY 31st WILL BE DEACTIVATED, CONSIDERED NOT VALIDATED, AND BE INELIGIBLE TO SHOW AT DISTRICT OR STATE 4-H HORSE SHOWS.)

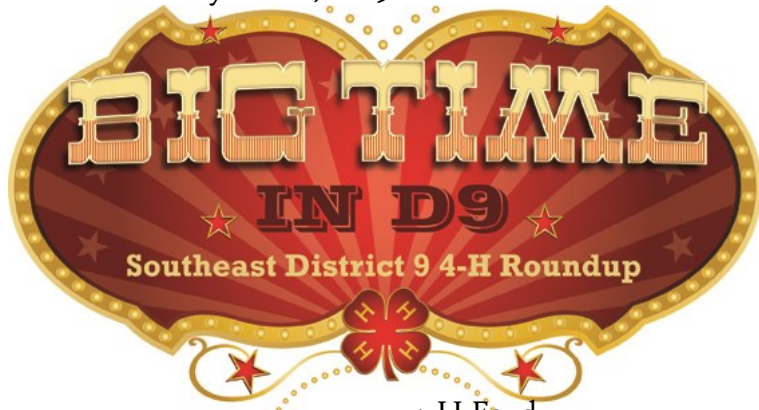
South Texas State Fair, Beaumont

March 27—April 5 2015

Good Luck to All our 4-H Members

Reminder: If you will be missing school due to the livestock show, YOU must contact the 4-H office for an eligibility form.

May 1 & 2, 2015 In Alvin Texas



4-H Feud

4-H Pit Master Food Challenge (BBQ Cookoff)

4-H SET: Research Poster Contest

Ag Products ID Contest

Consumer Decision Making

Educational Presentations/Public Speaking

Duds to Dazzle

Fashion Show

Fashion Story Board

Food Challenge

Food Show

4-H Members

Are you interested in participating in one of the categories listed below?

Let Christina know and we will get you ready for D9

Tablescaping

Healthy Lifestyles

Leaders 4 Life

Photography

Photography Judging Contest

Quiz Bowls

Robotics Skillathon

Share the Fun

Swine Quiz Bowl

Wildlife Challenge

NEWTON 4-H JACKPOT

SHOW

March 21, 2015

Location: Newton County Fair Grounds

Tag In: 7am-9:30am

Show starts: 10am

Cost: \$20 per entry

Payout: 1st-50%

2nd-30%

3rd-20%

We will have shows for Swine, Goats, Lambs, Steers, and Heifers

We will have a showmanship winner take all for each animal at \$5 per entry

We will also have a pee wee show. Entry is \$5 and participants will receive ribbons. You must use animals that are already under the barn

We will also have some items up for auction!!!!

To help defer cost we are seeking sponsors and donation of auction items. To become a sponsor or donate items contact Chad Henson 423-0036 or the Extension office at 379-4831 or any 4-h member

Payout 1st thru 3rd will only happen with 5 or more entries in a group, if less than 5 entries only 1st will receive payout

Burkeville 4-H Prospect Show



Burkeville Ag Barn

North on Hwy 692, Burkeville Tx

Saturday, March 7, 2015

Registration Fee \$20

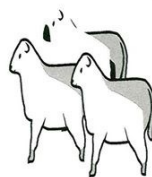


Pre-Registration - \$15 (can be mailed in to:)

Burkeville 4-H

1932 FM 2991

Burkeville Tx 75932



Check-In: 8:00

Show Time: 10:00 A.M

Divisions will be Market Steers, Lambs, Goats, Swine, and Breeding Heifers. 1st Place and Runner-Up awards will be given. There will be a \$5 charge for Showmanship and prize will be the "Jackpot" winner takes all. For further information contact Brad Noble at 409-200-4274 or Jada Jones at 489-2982.



Email - trcvnoble@yahoo.com

Texas 4-H

TEXAS A&M
AGRI LIFE
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There's an App for that? Stay connected by downloading the 4-H News and Events App today!

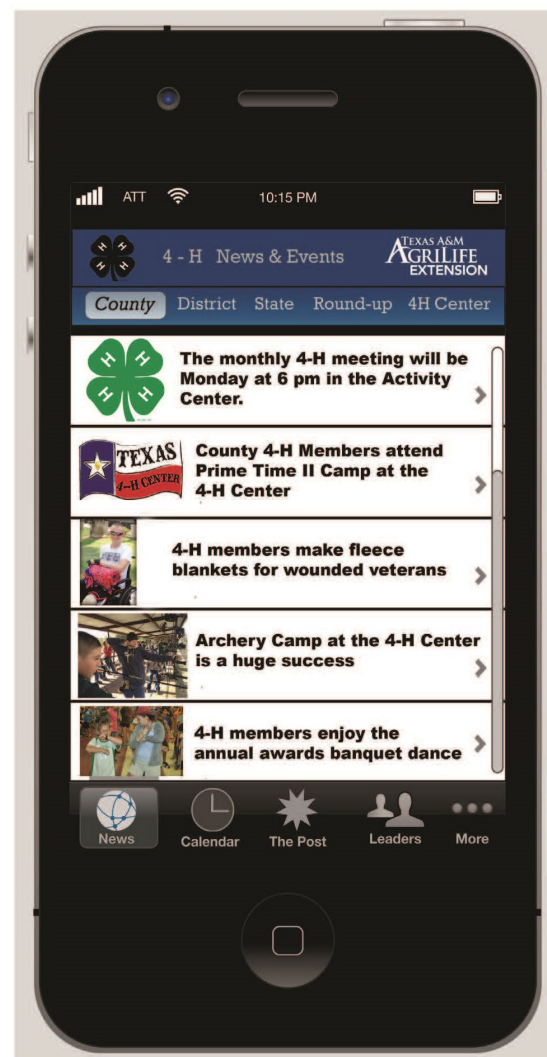
Texas 4-H has an app to help you keep up to date on 4-H events in your county, district and across Texas. Best of all it's FREE!

For iPhones/iPads:

1. Go to the App Store.
2. Search for "4-H News and Events"
3. Select the app "4-H News and Events"
4. Tap on "Install". Enter your Apple ID if requested
5. Once installed select Texas and your county

For Androids:

1. Go to Play Store.
2. Search for "4-H News and Events"
3. Select the app "4-H News and Events"
4. Tap on "Install"
5. Once installed select Texas and your county



4-H NEWS

Orange County 4-H Lock in

Come join us for games, crafts, food, movies, & ect.

Each 4-H member attending may bring ONE friend

Doors will be locked at 11:00PM and will not be opened again until 8:00 AM. This is to maintain the safety of all attending.

May 22, 2015
To
May 23, 2015

Begins at 8:00 PM
Ends at 8:00 AM

**Location: Orange County Convention &
Expo Center (Ball Room)**

11475 FM 1442 Orange TX, 77630

4-H Office: (409) 882-7010



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

4-H NEWS

Club Officers preparing for their meeting



Awesome 4-H kids running their 4-H club meeting



Dusty Trails Officer Training



Orange County 4-H Leadership Lab



Good Luck to

Joseph Fusilier—Dusty Trails 4-H
Naomie Mitchell—Mighty Pirates 4-H
Jacob Mitchell—Mighty Pirates 4-H
Andi Mae O'Neal—Dusty Trails 4-H

They will be showing in the Junior Market Barrow Show
at



St. Patrick's Day

Let's be honest—most people look forward to St. Patrick's Day for the drinking. The parades are great and pinching people for not wearing green is fun, but the event's spirit rests at the bottom of a good bottle of whiskey and a few pints of Guinness. And Irish stereotypes aside, that's as it should be. After all, the levity and good natured exuberance of St. Paddy's help make it such a popular and care free celebration. However, the greater levels alcohol consumption also make it a day to be responsible. Check out these five St. Patrick's Day Safety tips to help you successfully navigate the hoopla and festivities on March 17th.

Safety Tips



Predetermine a safe way to get home for you and your friends. Whether you're watching a parade or going to or hosting a party, ensure everyone in your group has a safe means of returning home if you plan to drink. Select a designated driver, arrange for a cab, plot a bus route, or figure out a nearby place you can crash for the night. It's a good idea to keep route maps of local public transportation, as well as the numbers for taxi companies handy during the day.



Eat. Drinking on an empty stomach is a good way to end your St. Paddy's day a lot earlier than planned. Make sure to get some nutrients in you to help absorb that alcohol.



Stay hydrated. Getting enough water will also help keep the party going on longer, and decrease the likelihood you'll have a March 18th hangover. It's a Thursday, so you'll probably (hopefully) have important things to do, like work.



If you feel impaired, don't get behind the wheel. In the eyes of the law, impaired driving is drunk driving, and even if you feel fine, a breathalyzer might not concur. With all the checkpoints on the roads, it's best to play it extra safe. If you have even the least bit of doubt, don't drive.



Be extra cautious on the roads. Just because you're a safe and sober driver doesn't mean other people are. A disproportionate of traffic accidents on St. Patrick's Day are caused by people driving under the influence. Whether you're driving or just crossing the street on foot, keep your awareness levels high.



TEXAS A&M AGRI LIFE EXTENSION

Prep time: 10 minutes

Cook time: 10 minutes

Serves: 6

Cost per Serving: \$1.15

Utensils Needed:

Baking Sheet

Measuring cups

Knife/Kitchen Sheers

Small Bowl

Spoon

Pizza Cutter



White Pizza with Smoked Turkey

Ingredients:

- 2 thin crust pizza shells
- 1 container (15 ounces) ricotta cheese
- 3 ounces garlic-and-herb cheese spread
- 1 1/2 cups pre-shredded Italian blend cheese
- 4 ounces thinly sliced smoked turkey, cut into 1/2-inch-wide strips
- 1 cup spinach, chopped
- 1/4 cup thinly sliced basil

Directions:

1. Heat oven to 450° F.
2. Place each crust on a baking sheet.
3. In a small bowl, mix ricotta and cheese spread.
4. Evenly spread over each pizza crust.
5. Evenly distribute shredded cheese over each pizza shell.
6. Evenly distribute turkey and spinach over each.
7. Bake until heated through and cheese is melted, about 10 minutes.
8. Sprinkle the basil over the pizzas and cook for an additional 3-5 minutes.
9. To serve the pizzas, cut each into 6 equal wedges.

Nutrition Facts

Serving Size 1 slice
Servings Per Container 12

Amount Per Serving

Calories 240 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 530mg **22%**

Total Carbohydrate 27g **9%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 15g

Vitamin A 6% • Vitamin C 0%

Calcium 25% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



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March 10th Diabetes Graduating Class



**Are you a diabetic or been told you are pre-diabetic?
Then come join us for one of our
Diabetes Educational Classes**

**Evening Session, 5 pm to 7 pm
March 10th —April 7th
\$20 per person**



**It is important to attend all 5 classes to receive the full
educational benefit.**

**Classes are held for 2 hours on Tuesdays for 5 weeks at the Texas A&M
AgriLife Extension Office 11475 FM 1442 Orange.
Call 882-7010 to learn more.**

GREEN Kool-aid Playdough!

Kool-Aid Play Dough is so much fun! The color is vibrant and the play dough smells SO good! We used green Lemon Lime Kool-Aid for St. Patrick's Day.

2 1/2 cups flour

1/2 cup salt

3 small packages of Kool Aid drink mix

3 TBSP oil

2 cups boiling water

Mix together flour, salt, Kool Aid, and oil.

Add boiling water and mix until the dough is cool enough to touch.

Knead until smooth.

Store in a Ziploc bag in the fridge!



Benefits of Spinach



It's not easy being good source of iron—almost the same amount of beef green, but it per serving! But don't give up the steak just yet—doesn't have to be research suggests the body more easily absorbs iron hard to eat that from meat than from spinach and other plants.

way! A sprinkling of spinach may **Lean, Green, Nutrition Machine—Your Action Plan**

Yet even with its rich nutritional makeup, spinach has look pretty on a been linked in recent years to both salmonella and E-plate, but this veg- coli outbreaks. And consumers of raw spinach always run the risk of ingesting pesticides and potentially harmful bacteria. The only way to be 100% certain those greens is safe to savor? Cooking. Four minutes should kill off virtually all bacteria, but a more practical option is cooking for one to two minutes to maintain the texture and nutrition of the greens while still neutralizing 99% of contaminants.

etable also packs a ton of nutritional benefits. Hidden in that pile of greens are antioxidants, anti-inflammatory nutrients, and vitamins that promote vision and bone health.

Un-be-leaf-able—why It's Super

Spinach is known for its high levels of vitamin A, giving every forkful of spinach immunity boosting, vision protecting, skin enhancing powers. And move over, milk, because there's a new player in the bone building game. A cup of cooked spinach packs up to 12% of the recommended daily dose of calcium and enough vitamin K to help prevent bone loss.

In addition to this veggie's vast vitamin boost, studies suggest spinach's glycolipids may help prevent the development of tumors. Plus, the galactolipids (not to be confused with Battle Star Galactica) in spinach have been linked to the prevention of inflammatory diseases like arthritis.

And it turns out Popeye may have been onto something—a recent study found that some compounds in spinach may improve muscle efficiency. Spinach is also a

Fresh spinach is available throughout the year. Though most supermarkets feature the savoy kind, spinach also comes in semi-savoy and flat leaf varieties. For those who want the real, raw deal, make sure to snip the stems and dispose of discolored pieces before washing the spinach thoroughly. Aside from boiling (which can potentially remove nutritional content), spinach is great when lightly steamed or sautéed. There are plenty of boil-free ways to enjoy this leafy green, from a spinach salad with tomatoes, cucumber, and feta to polenta and spinach soup. Or try a twist on the classic basil pesto with Greatist's superfood recipe of the week, light spinach pesto. Snag a bag and crunch away!

TEXAS A&M AGRILIFE EXTENSION
11475-A FM 1442
Orange, TX 77630
Phone: 409-882-7010
E-mail: orange-tx@tamu.edu

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Corn Beef Cabbage Leaves

12 Savoy cabbage leaves
1/2 cup mayonnaise
1/2 chopped fresh parsley/or dill
1-2 tsp prepared horseradish
4 slices rye bread, cut into strips
1 lb corned beef, cut into strips
2 tbsp whole-grain mustard

Directions:

Cook Savoy cabbage leaves in boiling water, about 1 1/2 minutes.

À Immediately, rinse under cold water and pat dry; slice in half. Mix mayonnaise, horseradish and parsley/or dill; spread on the cabbage leaves.

Toss corned beef strips with mustard.

Top cabbage leaves with few strips each of the bread and corned beef. Roll up and slice in half.



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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.