

# TEXAS A&M AGRI LIFE EXTENSION

## Orange County AgriLife Newsletter

November 2015

### County Extension Agents

Fallon Foster  
Family & Consumer Science

Christina Ritter  
4-H/Youth Development

Ashlee Krebs  
Agriculture/Natural Resources

Office 409-882-7010



AgriLife Office Closed, Wednesday, November 11th



PAGES 4-10

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

*From Our Family  
to Your Family*



AgriLife will be closed Thursday, Nov. 26th & Friday, Nov. 27th



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



To receive Pecan  
orders before  
Christmas—Order  
Deadline is  
November 7th.  
Call 882.7010



## Tired of freezing meat, poultry and game?

# Tuesday, November 17th

## 6 pm to 8 pm

Texas A&M AgriLife Extension Office

\$20 per person

If you would like

to attend call

882.7010

## Meat Canning Class



### Apple-Shallot Roasted Turkey with Cider Gravy

In this herb-roasted turkey recipe, apples and shallots cook inside the bird to keep the meat moist and add rich flavor. The extra shallots in the roasting pan also give the gravy recipe a rich, caramelized-onion depth and, with apple cider, the gravy is out-of-this-world delicious. The easy turkey stock adds extra flavor to the gravy, but you can use chicken broth instead with good results.



#### Turkey

- 1 10- to 12- pound turkey
- 2 tablespoons canola oil
- 2 tablespoons chopped fresh parsley, plus 3 sprigs
- 1 tablespoon chopped fresh sage, plus 3 sprigs
- 1 tablespoon chopped fresh thyme, plus 3 sprigs
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground pepper
- 1 1/2 pounds shallots, peeled and halved lengthwise, divided
- 1 tart green apple, quarter
- 3 cups water, plus more as needed

#### Stock

- 6 cups water
- 1 medium onion, peeled and quartered
- 1 medium carrot, chopped
- 1 stalk celery, chopped
- 1 teaspoon whole black peppercorns
- 1 bay leaf
- 1 sprig fresh thyme

#### Gravy

- 3 tablespoons all-purpose flour
- 1 1/4 cups apple cider
- 2 tablespoons cider vinegar
- 1/4 teaspoon salt
- Freshly ground pepper to taste



1. To prepare turkey: Position rack in lower third of oven; preheat to 475°F.
2. Remove giblets and neck from turkey cavities and reserve to make stock. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels.
3. Combine oil, chopped herbs, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place herb sprigs, 6 shallot halves and apple in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water to the pan.
4. Roast the turkey until the skin is golden brown, 45 minutes. Remove from the oven. If using a remote digital thermometer, insert it into the deepest part of the thigh, close to the joint. Cover just the breast with a double layer of foil, cutting as necessary to fit. Scatter the remaining shallots in the pan around the turkey.
5. Reduce oven temperature to 350°. Return the turkey to the oven and continue roasting until the thermometer (or an instant-read thermometer inserted into the thickest part of the thigh without touching bone) registers 165°F, 1 to 1 3/4 hours more. If the pan dries out, add 1 cup water and tilt the turkey to let juices run out of the cavity into the pan.
6. Meanwhile, prepare stock: Combine neck and giblets (except liver), 6 cups water, onion, carrot and celery in a large saucepan; bring to a boil. Add peppercorns, bay leaf and thyme. Reduce heat and simmer, skimming and discarding any foam, for 1 hour.
7. Strain stock through a fine-mesh sieve into a medium bowl and let cool. Discard solids.
8. When the turkey is done, transfer to a serving platter (reserve pan juices and shallots), tent with foil and let rest for 20 minutes.
9. Meanwhile, prepare gravy: Whisk 1/2 cup of the cooled stock with flour in a small bowl until smooth.
10. Set the roasting pan over two burners on medium-high heat. Add cider and vinegar; bring to a boil and cook, scraping up the browned bits from the pan, until the liquid is reduced by about half, 6 to 8 minutes. Add 3 1/2 cups of the stock. Increase heat to high; return to a boil, whisking often. Boil until the liquid is reduced by about half, 8 to 12 minutes.
11. Whisk the flour mixture into the pan. Boil, whisking constantly, until the gravy is thickened, 1 to 3 minutes. Remove from the heat and pour the gravy through a fine sieve into a large measuring cup. (Discard the solids.) Season with salt and pepper. Remove the string from the turkey and carve. Serve with the gravy.



## Thanksgiving Veggie Cups

*Are you looking for a clever way to sneak a few extra veggies into your dis this Thanksgiving? Look no further!*

*These adorable turkey veggie cups are fun to make (kids can even make their own) and you can fill them with whatever veggies your kids like. They'll be gobbled right up!*



What you will need:

Colored cardstock-a variety of colors of your choice, plus orange and red  
Googly eyes  
Scissors  
Large circle paper punch or scissors  
Glue dots  
Plastic cups with base  
Bell peppers (or whatever colorful veggies your kids like), cut into strips  
Ranch dressing



Instructions:

1. Using your hole punch or scissors, cut a large circle out of a piece of colored cardstock. Using your scissors, cut 2 legs and 1 triangle nose out of orange cardstock and a red gobble thingy out of red cardstock. Repeat for the number of cups you are making.

2. Use glue dots to glue the legs onto the plastic cup. Add the body and the facial features. Repeat for all cups.



3. Fill the bottom of the plastic cup with ranch dressing.

4. Fill the cup with strips of colored bell peppers. If your kids don't like bell peppers, there are lots of other veggies that work well too—try carrots, cucumber or celery.

By Jill Dubien, Meet the Dubiens



TEXAS A&M  
AGRI LIFE  
EXTENSION



TEXAS A&M AGRILIFE EXTENSION  
SERVICE AND THE MOLINA FOUNDATION  
CHILDREN'S LITERACY BOOK PROGRAM

Texas A&M AgriLife Extension Orange County Invites

All Youth Pre-K to 5th grade along with an Adult to join us for our

## READING BOOK FAIR

Thursday, December 3rd at 6 pm

Extension Office

11475 FM 1442 Orange

Call and let us know you are coming 882-7010



**Every child in  
attendance will  
receive one free book!!**





## Orange County 4-H Community Service, Claiborne Park

(IH-10, 12 miles West of Orange)

**December 5, 2015**

**2:00 pm**

### ***Calling all 4-Hers!!!!***

***We will be picking up trash at the park and painting trash cans***

***Be sure to wear old clothes***

***And bring a pair of gloves***

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



## **To All Our 4-H Members on a Great Job at the Orange County Livestock Show**

Dylan Pyatt—Grand Champion Roaster

8th place Swine

Brooke Moore—Reserve Champion Lamb

Elizabeth Buckles—3rd Place Goat

Jaydon Edwards—3rd place Rabbit

11th place Roaster

Rachel Dearborn—3rd place Roaster

7th place Goat

Caleb Pyatt—4th Place Swine

8th place Roaster

Zachary Hester—4th place Swine

4th place Roaster

Casey Peveto— 4th place Goat

Jacob Mitchell—6th place swine

Jaylyn Kohn—7th place Swine

Carlee Ramos—5th place Roaster

21st place Swine

George Dearborn—6th place Roaster

Cheyenne Jones-Davis—9th Place swine

William Ramos—10th place Swine

Trevor Glawson—7th place Roaster

Vanessa Kay Davis—4th place Rabbit

Joey Fusilier—11th place Swine

Alexis Simpson—12th place Swine

Chandler Boswell—9th place Roaster

16th place Swine

5th place Rabbits

Donald Allen—14th place Swine

Lorn Little—17th place Swine

Noah Simpson—18th place swine

Andie Mae O'Neal—8th place Roaster

Gwyneth Cobb—9th place Goat

Makynzie Galaviz—13th place Roaster

John Hughes—22nd place Swine

Nathan Hughes—23rd place Swine

Patrick Wright—16th place Roaster

William Ramos—18th place Roaster

*Congratulations to everyone who won showmanship in their class and placed in heifers.*

# 4-H Dog Project Informational



December 10, 2015  
6:00 pm -- 8:00 pm  
4-H Office  
11475 FM 1442  
Orange



*Interested in training  
& showing your pet  
Fido? Come learn about  
the 4-H Dog Project!  
Call 409-882-7010 if  
you have any questions!*

**NEW!!!**

## Orange County 4-H Public Speaking Project Informational!!

**NEW!!**

Public Speaking is FUN!!!

November 17 at 6pm  
Orange County 4-H Office  
(11475 FM 1442 South, Orange)



Speak Up!!!

Do you like to travel?

Would you like to learn something new?

Do you like to talk about animals, food, or current events?

Youth and their parents are invited to explore the  
4-H public speaking project.

You do not have to be in 4-H to attend!!!!





# November Club Meetings

**Dusty Trails 4-H** November 9th , 7 pm, 4-H Office



**Mighty Pirates 4-H** November 10 , 7 pm,  
Vidor Community Center

**Clay Busters 4-H** Each Tuesday,  
6 pm, Orange Gun Club

**Boots and Bridles 4-H**  
November 16, 6 pm, T2 Arena

**All HEARTS 4-H (Homeschool)**  
3rd Thursday, 1 pm, Clairborne Park

---

## **The New Texas 4-H Year Began**

**August 15, 2015**

**Don't forget to Enroll/Re-Enroll every year!!**

4-H is for kids of almost any age. If you're in kindergarten, first grade, or second grade, you can be in Clover Kids. From third grade to age 19, you can be in 4-H.

Through 4-H and the opportunities it provides, 4-H members have the ability to participate in many events and activities, as well as apply for scholarships, travel, and meet new friends.

**4-H Enrollment Continues through out the 2015-2016 year!**

**Before Nov 1, 2015: \$20      After Nov 1, 2015: \$25**

For more information contact

Christina Ritter: 882-7010



Orange County students attended the first-ever meeting of Boots and Bridle 4-H Club on Monday night at the T2 Arena in Orange. The purpose of the club is to educate the youth about horses and introduce new horse concepts and horsemanship. RECORD PHOTO: Lawrence Trimm

**Save  
the  
Date**



**Photography Workshop**  
**Thursday, January 14, 2016**



**SAVE THE DATE!!!!**

**Orange County's**



**4-H Christmas Party**



**December 18, 2015, 6pm-8pm**

**Convention & Expo Center**



Activities to include:

Christmas themed photo booth

Youth and adult ugliest sweater contest

Door prizes

Gingerbread House Making Contest

Kids coloring table




Food:



We are asking each family to bring a Potluck (Casseroles, veggies, finger foods, salads etc.)

Community Service:


Please bring gently used or new blankets. We will be collecting blankets to distribute to the homeless!!



**Attention All Livestock Exhibitors!!**

**SAVE THE DATE!!!**

**Orange County Livestock Clinic**  
**January 30, 2016**



**Who?** Texas A&M AgriLife Extension Service & Orange County Livestock Show Association



**Where?** Orange County Livestock Barn, Mauriceville, TX (Arnell Road)

**Why?** To increase youths knowledge and abilities in grooming, caring, feeding and showing, beef cattle, chickens, rabbits, goats, lambs and swine

**Cost?** \$10 registration fee for all youth participants. No charge for adults and children under 7 years old.

**Deadline to register?** January 15, 2016. Call 882-7010 or stop by the Orange County Extension Office.

Early Bird Registration includes a t-shirt!!!!  
Don't wait until it is too late!!!!

### **Livestock Updates and Dates to Remember**

- November 1—Major Heifer Validation and deadline for owner to be on heifer registration paper.
- November 23—Major Show entry deadline to the 4-H office
- November 30—Major Swine Validation
- December 5—YMBL tag in for Lambs, Goats, Swine and F1 heifers at the Mauriceville Show barn 9am-12noon.
- January 30—Orange County Livestock Clinic at the Mauriceville Show Barn. Further information TBA—SAVE THE DATE!
- February 2nd—YMBL Rabbit Entry deadline to the 4-H office. Must own Doe.
- February 10—YMBL Broiler Pickup at YMBL: Office 4 pm to 6 pm



## Orange County 4-H Adult Leaders Association Meeting

**NEW!!!!!!**

January 7, 2016!!

6pm @ 4-H Office

**NEW!!!!!!**

Orange County 4-H Needs your help!!!!!!

Come be a part of planning the county 4-H programs and activities for our youth!!!

- End of the year awards banquet (May)
- 4-H County Contests
- Workshops
- Community Service and more!!



**NEW!!**

## Orange County 4-H Council Meeting

**NEW!**



January 7, 2016!!

6pm @ 4-H Office



The purpose of the Orange County 4-H Council is for our county 4-H council officers to conduct county 4-H business and educational meetings, plan and conduct community service projects and fundraisers and lead the 4-H youth of Orange County.

As a 4-H member you are encouraged to attend the council meetings. You will have a voice in making decisions for the Orange County 4-H Program while making friends, playing games, learning new skills, cooking, and having fun!

**YOU DON'T WANT TO MISS THIS!!!!!!**



The Orange County 4-H  
Program will hold an informative meeting on the  
Public Speaking Project  
**Tuesday, November 17, 2015**

**6 PM**

**4-H Office**

**11475 FM 1442 Orange**

***\*You do not have to be a part of  
4-H to attend\****

**What is Public Speaking Project:**

The public speaking project develops and promotes the skills needed to research, organize and present a speech on a given topic. In addition, participants develop a pleasing personal appearance and acquire the ability to speak convincingly in public.

**Public Speaking Activities Include:**

- Texas 4-H Congress
- Public Speaking
- Educational Presentation (Food & Nutrition, Agriculture, Clothing & Textiles, and many more)
- 4-H Day at the Capital
- Leadership Training
- Theatre/Drama

Through this project youth will get a hands on look into the importance of public speaking. Youth will practice group communications, how to conduct a meeting, and how to write and perform speeches.

We will have guest speakers and attend field trips to get a hands on Public Speaking experience.

Project Leader

Tommy E. Byers

Email: tbyers@my.lscs.edu

**Free Informational  
meeting open to all youth  
ages 10-18!**

**\*Parents are encouraged  
to attend\***

**Contact Christina Ritter, 4-H Agent at  
882-7010**



**Attention All 4-H Members**

**If you are interested in the Clothing & Textile Projects then this is for you! You will meet monthly on the 4th Tuesday of the month.**

**You will learn the basic of the sewing machine, how to read a pattern, sew all kinds of items. If you have your own sewing machine, bring it to class with you. Be sure to bring your manual also.**

**You will have the opportunity to participate in the Fashion Show held at the County and District Levels**

**Tuesday, January 26, 2016**

**6 pm**

**4-H Office**



You will need to bring a sewing kit with you to each class. This example below can be purchased for less than \$10 at local stores



You can make your own sewing kit to include these items:

- 60" measuring tape
- Needles
- Straight pins
- Seam ripper
- Scissors
- Thread
- Pin cushion
- A box to store the items in





## Healthy Revision of Green Bean Casserole

This healthy revision of green bean casserole skips the canned soup and all the fat and sodium that come with it. White sauce with sliced fresh mushrooms, sweet onions and low-fat milk makes a creamy, rich casserole

### Ingredients

- 3 tablespoons canola oil, divided
- 1 medium sweet onion, (half diced, half thinly sliced), divided
- 8 ounces mushrooms, chopped
- 1 tablespoon onion powder
- 1 1/4 teaspoons salt, divided
- 1/2 teaspoon dried thyme
- 1/2 teaspoon freshly ground pepper
- 2/3 cup all-purpose flour, divided
- 1 cup low-fat milk
- 3 tablespoons dry sherry, (see Ingredient Note)
- 1 pound frozen French-cut green beans, (about 4 cups)
- 1/3 cup reduced-fat sour cream
- 3 tablespoons buttermilk powder, (see Ingredient Note)
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder

1. Preheat oven to 400°F. Coat a 2 1/2-quart baking dish with cooking spray.
2. Heat 1 tablespoon oil in a large saucepan over medium heat. Add diced onion and cook, stirring often, until softened and slightly translucent, about 4 minutes. Stir in mushrooms, onion powder, 1 teaspoon salt, thyme and pepper. Cook, stirring often, until the mushroom juices are almost evaporated, 3 to 5 minutes. Sprinkle 1/3 cup flour over the vegetables; stir to coat. Add milk and sherry and bring to a simmer, stirring often. Stir in green beans and return to a simmer. Cook, stirring, until heated through, about 1 minute. Stir in sour cream and buttermilk powder. Transfer to the prepared baking dish.
3. Whisk the remaining 1/3 cup flour, paprika, garlic powder and the remaining 1/4 teaspoon salt in a shallow dish. Add sliced onion; toss to coat. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the onion along with any remaining flour mixture and cook, turning once or twice, until golden and crispy, 4 to 5 minutes. Spread the onion topping over the casserole. Bake the casserole until bubbling, about 15 minutes. Let cool for 5 minutes before serving.

### Ingredient notes:

- Don't use the high sodium "coking sherry" sold in many supermarkets. Instead, purchase dry sherry sold with other fortified wines.
- Look for buttermilk powder such as Saco Buttermilk Blend, in the baking section or with the powder milk in most supermarkets.



**Want to be receive the Ag Natural Resources Newsletter in 2016? Contact us to be put on the email list for 2016 for FREE!!!**

Have a question or concern ? You can email

Our Ag Agent

Ashlee.krebs@ag.tamu.edu

or the hotline emailed address below

Word from your Ag Agent:

This month we have been very busy here in Orange County with New Master Gardener Training, the start of new 4H Clubs, County Livestock Show, Southeast Texas Beef Symposium, and the Backyard Poultry workshop. There is plenty to be a part of here with the AgriLife Extension Service in Orange County! If you haven't taken the opportunity to sign up for the Orange County Agriculture and Natural Resources Newsletter email list please do so, it will roll out Mid January!



### Beekeeping 2016 Class

Begins February 2016

Contact the office to get on the list  
882-7010

Apiary Committee Meets the 1st Thursday of each month at the Extension Office at 6 pm

### Lawn and Garden

Our Master Gardener class has begun! A lot of fun, and learning going on with many hands on activities this year! These individuals will not only become a part of the Texas Master Gardener state program, but they will be play a vital role in implementing AgriLife programs throughout the community. Our next class will be in 2016. We also have a Master Gardener Hotline on Tuesday from 10am – 2 pm, if you have any questions feel free to call or email them! There are still classes available to the public and we welcome you to come out and join us!



Orange County Master Gardeners  
Meet 2nd Thursday of each Month  
6pm Social 6:30 pm Meeting/Presentation  
Orange County Convention & Expo Center



Master Gardener  
Hotline  
Tuesdays  
10 am to 2 pm  
745-9708



Feel free to email your question or picture to the hotline email. It will be checked on Tuesdays

extension@co.orange.tx.us

### Garden Fun Classes

Seed Saving  
November 3<sup>rd</sup>  
\$12.00

Lasagna Gardening  
November 5<sup>th</sup>  
\$12.00

Preparing Landscape  
November 10<sup>th</sup>  
\$12.00

Lawn Care 101  
November 17<sup>th</sup>  
\$12.00

## AMERICAN DIABETES MONTH® 2015

### Eat Well, America!<sup>sm</sup>

This year's theme for American Diabetes Month® is "Eat Well, America!<sup>sm</sup>" As the American Diabetes Association® celebrates its 75th anniversary, we want to share a timeless message—that eating well is one of life's greatest pleasures, and enjoying delicious, healthy food helps with diabetes management. This November, the Association will show our nation how easy and joyful healthy eating can be.

Each week, the Association will share nutritious recipes selected by noted chefs and cookbook authors for every meal of the day, including snacks and special occasion treats. Not only that, but we'll teach you how to choose, prepare, serve and eat healthy food that is both delicious and nutritious. From tip sheets to shopping lists, we'll help you make healthy eating a fun and easy part of your daily life.

As the Association marks its 75th anniversary, we lead the conversation that helps those living with diabetes and those looking to live a healthier lifestyle achieve health and wellness every single day. Everyone deserves to enjoy food that makes them feel happy, strong and empowered, and the Association will inspire people to eat well while also successfully managing their diabetes. Tune in for upcoming recipes, and be sure to share them with friends and family. It's a great way to put good food and good health on the table.

### Messages

**Eat Well, America!:** *This year's theme for American Diabetes Month in November.*

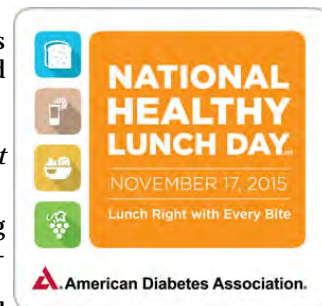
- a. Eating well means more than eating healthy. Eating well means savoring food that is delicious, nutritious and simple to prepare.
- b. The American Diabetes Association will show people living with diabetes and others who want to lead a healthy lifestyle how to enjoy foods that are both delicious and nutritious.
- c. We will inspire Americans to eat well by equipping them with tips for planning and preparing healthy meals on their own.
- d. Diabetesforecast.org/adm and 1-800-DIABETES are the go-to resources offering meal planning, shopping tips, grocery lists, chef's preparation secrets and delicious recipes.
- e. The Association is leading the conversation that helps the nearly 30 million Americans living with diabetes and the 86 million Americans with prediabetes, as well as their loved ones, achieve health and wellness every single day.

**Healthy Eating from Start to Finish:** *The Association will show Americans how to eat healthy from start to finish, without sacrificing flavor.*

- a. Every week in November, the Association will introduce recipes for every meal, including snacks and recipes for the holidays and other special occasions, when indulgences can present a challenge to your healthy eating plan.
- b. The Association will include seasonal recipes and tips from noted cookbook authors and chefs to give Americans the extra boost to incorporate healthy eating into their everyday lives.
- c. We will address the start-to-finish steps that empower people to put together a healthy meal that tastes good and is good for you and your family:
  - i. **Planning and shopping** tips will include mapping out a shopping trip, creating a shopping list and choosing budget-friendly ingredients.
  - ii. **Preparation and cooking** tips will include tools and techniques that guarantee recipe success.
  - iii. **Plating and serving** tips will guide people with simple steps to create a healthy, nutritious and appealing plate of food—whether at home or dining out.
  - iv. **Complete nutrition information** for every recipe so that people can decide which dishes suit them best, based on their diabetes management plan and personal tastes.

**Lunch Right with Every Bite!:** *On National Healthy Lunch Day, the Association's annual celebration of nutritious eating, we will spotlight what healthful, simple and enjoyable meals look like.*

- a. This year we'll celebrate National Healthy Lunch Day on Nov.17, when we encourage everyone to "lunch right with every bite" and make better food choices to counter expanding waistlines, low energy and rising rates of type 2 diabetes and obesity-related illness. To start, let's do lunch—a healthy lunch.
- b. On this day, we will ask Americans to make or buy a healthy lunch and encourage employers and restaurants to provide healthy alternatives.
- c. In addition, we'll ask people to share their healthy lunch photos using the hashtag #MyHealthyLunch to create social media buzz. Our fans and followers will inspire their friends and family to make healthy lunch choices that best fit their lifestyle.



For more information, visit us at [diabetesforecast.org/adm](http://diabetesforecast.org/adm) or call 1-800-DIABETES.

# ORANGE COUNTY SHERIFF'S POSSE

## Special Angels Rodeo

**CARNIVAL  
GAMES &  
FUN JUMPS**

**SNOW CONES  
COTTON CANDY  
POPCORN**



**ADAPTED  
EVENTS  
FOR ALL!**

**MEAL  
TO BE  
PROVIDED**

## NOVEMBER 14, 2015 10:00 A.M.

**A day filled with lots of fun and adapted events  
geared towards all special needs ANGELS.  
Come out and support these kids and have a day of fun!**

All Area Schools will be Invited through the Special Needs Programs,  
as well at OCARC, A.S.K. and ARC. All Special Needs Angels are Welcome!

### WANTED

Lead in Barrel Racing  
Barrel Bull Riding  
Barrel Bronco Riding  
Barrel Steer/Calf Roping

### WANTED

Special Prizes for  
ALL Participants  
Meals Provided for  
Adapted Participants

**SPECIAL APPEARANCE GUESTS TO BE ANNOUNCED**

**For more information please contact:**

**Lue**      1-409-670-2206

**Jo**        1-409-670-6358

**Kevin**    1-409-651-9948

**Web:** <http://www.orangecountysp.com>

**Email:** [specialangelsrodeo@yahoo.com](mailto:specialangelsrodeo@yahoo.com)

<https://www.facebook.com/specialangelsrodeo>

**4-H members will be volunteering to help out with Special Angels Rodeo. If you are interested in volunteering call Christina at the 4-H Office 8827010**



## Aggressive Weeds

**BARNYARDGRASS** (*Echinochloa crus-galli*) is a summer annual with upright, reddish-purple stems that grow 1 to 4 feet tall. Flowers bloom from May through November in the Galveston County growing area. It produces tillers which lie flat and form secondary roots resulting in a mat formation. Barnyardgrass spreads by seed which germinates in late spring and early summer. The seedhead is a coarsely branched green to purplish panicle 4 to 8 inches in length with spiked awns. The seedhead is held erect or may droop slightly. Mow infested lawns as high as practical during the summer months. It is increasingly being reported as a major weed pest in local vegetable gardens. Barnyardgrass can mature in as little as 42 days producing some 40,000 seeds on each plant.



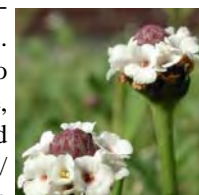
**YELLOW NUTSEDGE** (*Cyperus esculentus*) is a warm season perennial sedge in Galveston County and is often confused with grasses. It has a distinctive erect, three-sided (triangular shaped), tough and fibrous stem with long, glossy, greenish-yellow leaves that can reach two to three feet in length. Its rhizome root system quickly forms solitary tubers that arise from a basal bulb or rhizome. Below the basal bulb a brownish to black tuber or nut grows that sustains the plant during stressful conditions. Underground horizontal rhizomes spread outward from parent plant to give rise to new shoots. It grows quickly, faster than surrounding turf, and is extremely invasive. Leaves

emerging from the plant's base are three ranked, grasslike, and light yellow-green. They are 1/8 to 1/2 inches wide, up to 3 feet long, and have parallel veins with a prominent midvein. The upper surface is shiny or waxy and the lower surface is dull in color. Each branch of the inflorescence is composed of multiple yellow to golden brown spikelets, each up to 1 1/4 inches long. These flowers appear July to September. It grows where moisture is plentiful but tolerates dry soil when established. Does not tolerate shade. Control is difficult due to reproductive capacity of tubers once formed.



**FROG FRUIT** (*Phyla nodiflora*) is both a cool and warm season, broadleaf, herbaceous aromatic evergreen perennial in our growing area. It grows 3 to 6 inches high. With water and sun it will mound to 12 inches. Growth is prostrate (growing close to the ground) and roots wherever stems touch the ground. Trifoliate, green, opposite, short-stalked leaves are borne on square stems. There are fine hairs on the leaves and stems. Leaves are thick, up to 2 inches long and 1/2 inches wide, oval and toothed/serrated above the middle blade. Color changes to slight purple in winter with die back. Flowering period for Galveston County is March to November. A multitude of tiny white or

crimson purple verbena type flowers are borne on 1 to 3 inch stalk heads. It grows in any disturbed areas including turf grass, ornamental and vegetable beds. Frog Fruit is also known as Turkey Tangle, Common Frog Fruit, Mat-grass, Sawtooth Frog Fruit or Beach Morning Glory.



**SPOTTED SPURGE** (*Euphorbia maculata*) also known as Milk Purslane, Spotted Matweed or Creeping Spurge is a warm, broad-leaf annual in Galveston County. It's a low-growing, prostrate plant (growing close to the ground) that emits a milky sap when broken and forms dense mats that radiate out from a central point. Leaves are opposite and have an ovate or oblong shape and may be finely toothed. They have a distinguishable red splotch midway down the leaf on the center vein and can reach a length of up to 1.5 inches. It flowers

mid-summer to fall. Flowers often go unnoticed because they are very small (about .06 inches in diameter). They are grouped in small flowerlike cups in the leaf axils. Fruit is about 1/16 of an inch long and contains one seed, about 1/25 of an inch long. Spotted Spurge grows in thinning turfgrass, decaying mulch, edges of lawns next to curbs, driveways, sidewalks and where soil has been disturbed.



**For a complete listing of the top 12 Most Aggressive Weeds in Galveston County go to:**

**<http://aggie-horticulture.tamu.edu/galveston>**

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

Non-Profit Org.  
US Postage  
PAID  
Orange, TX  
Permit #12

Return Service Requested



## Banana Bread II

3 bananas (large, well-ripened)  
1 egg  
2 tablespoons vegetable oil  
1/3 cup milk  
1/3 cup sugar  
1 teaspoon salt  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1 1/2 cup flour

1. Preheat the oven to 350 degrees.
2. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork.
3. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork.
4. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened.
5. Lightly grease the bread pan with a little oil –OR– cooking spray-OR-line it with wax paper.
6. Pour the batter into the bread pan.
7. Bake for 45 minutes until a toothpick inserted near the middle comes out clean.
8. Let the bread cool for 5 minutes before removing it from the pan.

Note: The key to good banana bread is to use well-ripened bananas that cover with brown speckles. Try using half whole wheat flour to add some fiber.

Pennsylvania Nutrition Education Program

This material is provided by the USDA's Supplemental Nutrition Assistance Program (SNAP-Ed)

Program Funded by USDA

Educational programs of the 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.



\*WIC Approved Food Package

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.