Orange County AgriLife Newsletter

OCTOBER 2015

TEXAS A&M AGRILIFE EXTENSION

<u>County Extension Agents</u>

Fallon Foster
Family & Consumer Science

Christina Ritter
4-H/Youth Development

Ashlee Krebs
Agriculture/Natural Resources

Office 409-882-7010

<u>County Judge</u>
Brint Carlton
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Texas A&M AgriLife
Extension—Orange County

PAGES 5-9

CEU Hours!

Southeast Texas Beef Symposium and Trade Show October 27, 2015

1st Pecan Order Deadline

October 13th

This order will be in approximately

A week to 2 weeks before

Thanksgiving.

409.882.7010

Orders received after October 13th will be on the Christmas Order.

Christmas Order deadline is November 7th.

Backyard Poultry Workshop
October 29, 2015 @ 6 pm
Texas A&M AgriLife Extension Office
11475 FM 1442, Orange

Special Topics

- **Avian Influenza**
- **Varmint Control**

Topics of Discussion

- **Raising**
- **Feed & Care Management**

Agricultural Production in Southeast Texas

CEU Hours!

Southeast Texas Beef Symposium and Trade Show
October 27, 2015

Orange County Convention and Expo Center
11475 FM 1442
Orange, Texas 77632

- Hands On presentations
- Trade Show with local Vendors
- Hay Judging and Plant ID Contest
- Registration opens at 10:30—$20 at door, includes Lunch!
- Please call 409-882-7010 for more information or to RSVP!

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

Tired of freezing meat, poultry and game?

Then join us for a

Class Participation Limited to 15 If you would like to attend call 882.7010

Meat Canning Class

Tuesday, November 17th
6 pm to 8 pm

Texas A&M AgriLife Extension Office
$20 per person

Spice Up Your Life!

We, as American, consume about 3,400 mg of sodium a day, and the Dietary Guidelines for Americans 2010 recommends that people ages 2 and up should consume less than 2,300 mg per day. For some people who are at higher risk of having more serious side effects of high sodium intake are recommended to consume less than 1,500 mg a day. Consumer too much sodium can increase your risk for heart disease, high blood pressure, and even stroke, which together, are the leading causes of death in Americans.

Salt amounts to Sodium equivalents. Remember to read the food labels to find out the sodium already in many store brought foods.

1/4 teaspoon salt = 575 mg sodium
1/2 teaspoon salt = 1,150 mg sodium
3/4 teaspoon salt = 1,725 mg sodium
1 teaspoon salt = 2,300 mg sodium

Swapping out your salt shaker for herbs and seasonings is an easy and effective way to lower your sodium intake, add delicious flavor to your foods, and even help create new food recipes! Here are a few spices and herbs that can easily be added to your meal time foods.

Beef—nutmeg, onion powder, pepper
Pork—garlic, onion powder, pepper, mustard powder
Fish—curry powder, cayenne pepper, chili powder, pepper, rosemary, dry mustard, lemon, cilantro
Potatoes—dill, garlic, onion powder, parsley, pepper
Chicken—pepper. Poultry seasoning, oregano, rosemary, lemon
Rice—green pepper, onion powder, parsley, cilantro
Vegetables—oregano, chili flakes, dill, rosemary
Turkey—basil, oregano, cumin, rosemary, sage
Homemade soups—ginger, pepper, oregano, basil, rosemary.

Fall Produce Picks

Pumpkin—"Fall is nature's bounty—you get these rich, hearty vegetables that are satisfying as the weather cools off," says Judy Caplan, MS, RDN. "Pumpkin is my favorite; (it's) full of fiber and vitamin A. These nutrients are a good way to boost immunity as flu seasons rolls around." When making bread or muffins. "Throw in some ground flax seeds and chopped walnuts for an omega-3 boost."

Beets—are edible from their leafy greens down to the bulbous roots. The leaves are delicious sautéed. Grocery stores carry red beets' your local farmers market may have more interesting varieties, such as golden or bull's blood, which has a bullseye pattern of rings. Beets are rich in naturally occurring nitrates and my help to support healthy blood pressure. Roasting or steaming beets whole takes the fuss out of peeling—the skin easily slides off. They're also delicious raw, shredded and tossed in salads or thinly sliced and baked into chips.

Sweet Potato-charge ahead of white potatoes in terms of fiber and vitamins A and C. "Sweet potatoes actually make a great breakfast," suggests Caplan. "Bake them in the oven until they're soft ahead of time. At breakfast, warm one up in the microwave and add a teaspoon of buttery spread made with butter and olive oil and a sprinkle of cinnamon powder. Makes a hearty breakfast when paired with hot chocolate."

Spaghetti Squash—lower-calorie and gluten free alternative to grain-based pasta. Cut it in half to reveal a pocket of seeds; scoop those out and pop the two halves into the microwave or oven and cook until tender. Scrape a fork into the flesh and spaghetti-like strands appear. Toss with pesto or marinara sauce for a quick veggie side dish.

Kale-is a nutrient powerhouse. It tastes sweeter after a frost and can survive a snowstorm. One cup of raw kale has only 33 calories and is loaded with vitamins A, C and K as well as manganese. Kale is great sautéed and cooked in soup, but is also excellent raw in salad; dimply remove tough steams, slice into thin slivers and pair with something a bit sweet such as carrots or apples. One advantage of using kale for your leafy greens is that you can add your dressing ahead of time; the kale becomes more tender and delicious, not wilted.

Pear—most delicious in the fall when they're at their peak. They do not ripen on the tree; they will ripen at room temperature after they're picked. How do you know when they are ready to eat? Check the neck! If the fruit near the stem gives to a little pressure, it is ripe. One medium pear has 6 grams of fiber—that's 20 percent of our daily recommendation!

Okra—What we know as okra in the U.S. is often called "lady's fingers" in other countries. The pods are high in fiber, vitamins K and C, and folate and low in calories. At the market, look for pods that are no longer than 4 inches and are bright green in color and firm to the touch.

Cranberries—Fall is the time to get to know these tart berries and their wealth of nutritional benefits. You may have heard of resveratrol in association with red wine, but this phytochemical is also found in cranberries. It may help to protect our hearts from oxidative damage as well as support healthy blood pressure. Another benefit? Cranberries may help protect from urinary tract infection. They contain a compound called proanthocyanidin that prevents harmful bacteria from sticking to your bladder wall. Fresh and dried cranberries pair with a variety of meats and poultry. Fresh cranberries can be eaten raw but are often cooked. Dried cranberries are delicious in grain and vegetable salads and make a healthy snack on the go.

By Holly Larson, MS, RD
Published September 30, 2014
Eat Right. Academy of Nutrition and Dietetics

ONE DAY 4-H

What can you do in one day?

October 6, 2015

Pinehurst Nursing & Rehab

3000 Canary St, Orange

6:00 pm – 8:00 pm

Come and help beautify the grounds at the nursing home by planting fall flowers!

NATIONAL 4-H WEEK

★ OCTOBER 5-11, 2014 ★

A fundamental purpose of the 4-H Program is to highlight our program's success and especially the youth that are involved in it. Each year, during National 4-H Week, the local and county 4-H clubs/groups have the opportunity to showcase what they have gained from their membership in 4-H through activities and events at the local and county level. The Texas 4-H Youth Development Program develops a National 4-H Week Kit to help County Extension Offices, 4-H members, and volunteers design a National 4 -H Week plan that works for them. National 4-H Week will be October 4-10, 2015.

Orange County 4-H Adult Leaders Association

Coming January 2016!!

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

- End of the year awards banquet
- 4-H County Contests
- Workshops ...and more...

4-H Club Officer Training

October 17, 2015
9:00 am - 1:00 pm
4-H Office
409-882-7010

RSVP NO LATER than October 12!

If you are an officer for your 4-H club for the 2015-2016 year then this day is for YOU!

Join us for a day of team building, parliamentary procedure, games, theatre, laughter, crafts and more!!!!

Breakfast & lunch Provided

Orange County 4-H Leadership Series

October 6th,

This month we will be meeting at Pinehurst Nursing & Rehab for One Day Project
6:00 pm to 8 pm
(see page 5)

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

New Texas 4-H Year Starts

August 15, 2015

Don't forget to Enroll/Re-Enroll

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.

August 15—October 31, 2015: $20

After Nov 1, 2015: $25

For more information contact

Christina Ritter: 882-7010

October 9-10, 2015
At the Pavilion/Barn
Arnel Road & Crawfish Festival Fair Grounds
Mauriceville, Texas

Friday October 9

Early check in 10:00am-12:00 pm

Poultry Check in: 2:00 pm– 6:00 pm
Judging begins: Immediately after check in

Rabbit check in: 2:00 pm– 6:00 pm
Judging begins: Immediately after roasters

Swine check in: 2:00 pm– 6:00 pm

Goat check in: 2:00 pm– 6:00 pm

Lamb check in: 2:00 pm– 6:00 pm

Saturday October 10

Swine show: Begins at 8:00 am

Lamb: Immediately after the swine show

Goat show: Immediately after the lamb show

Heifer check in: 10:30 am—11:30 am

Heifer show: Begins immediately after goat show.

Saturday October 10

Buyers dinner begins at 5:00 pm

Auction begins at 7 pm

Add ons are available at this time during the auction

Livestock Updates and Dates to Remember

- October 7—YMBL Lambs, goats, swine, F1 heifers tag order deadline due to the 4-H Office
- 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!

Clover camp pictures

4-H NEWS

OCTOBER

Dusty Trails 4-H: October 12th , 7 pm, 4-H Office

Mighty Pirates 4-H: October 13th , 7 pm,

Vidor Community Center

Clay Busters 4-H Club: Each Tuesday,

6 pm, Orange Gun Club

Boot and Bridle 4-H Horse Club

3rd Monday, 6 pm, T2 Arena

Boot and Bridle 4-H Horse Club

Meets the 3rd Monday of each month

6 pm to 8 pm at T2 Arena, 3810 Old Peveto Road Orange

Waivers must be signed by each member

Helmets will be each individual parents decision

Anyone interested in being a part of the horse club contact the 4-H office 882-7010

You do not have to own a horse to be a part of this club!!!!!!!

SAVE THE DATE!!!!!

Orange County's

4-H Christmas Party

December 18, 2015

6pm-8pm

Convention & Expo Center

More FUN information to come soon!!

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

Wear your ugliest sweater for our ugliest sweater contest!!

We will be collecting blankets for the homeless!!

Eating Healthy On A Budget

Fruits & Vegetables

- Buy produce that is in season, it is less expensive and has better flavor quality.
- Canned fruit and vegetables are great for a budget because they are less expensive and last longer than fresh produce.
- Buy canned fruit that is in 100% fruit juice
- Buying frozen fruit and veggies is a great alternative as well. Frozen produce is typically frozen at its peak value and it lasts a long time.

Grains

- Make half of your grain whole. Check that whole wheat is the first ingredient on the nutrition label.
- Other whole grains to look for: brown rice, bulgur, buckwheat, oatmeal, whole grain cornmeal, whole oats, and whole rye.
- Rice and pasta are healthy, budget friendly choices.
- Oatmeal or whole grain dry cereal are great alternatives to name brand, sugary cereal. They are healthier and less expensive.
- Try whole we crackers or popping your own popcorn.

Proteins

- Beans and peas are just as high in protein as chicken or beef but are much less expensive. You can also buy them in bulk and they can be stored for up to a year in airtight containers.
- When buying other types of protein such as chicken, beef, or fish buy the family-size or value pack portions and freeze what you don't use immediately.
- Canned tuna and salmon store well and are less expensive.
- Eggs are another great protein source that is cheap and very easy to prepare.

Dairy

- Low fat or fat free milk has the same amount of calcium as whole milk but less calories making it the healthier option.
- Buy the larger size plain yogurt and add in your own toppings instead of buying the individual packaged yogurt.
- Look for reduced fat or low fat cheese
- Always check the sell by date to ensure you are getting the freshest dairy products.

These are the main food groups you want to eat for a healthy diet. Try to fill half your plate with fruits and veggies, make half of your grains whole grains, add variety to the protein you eat, & 2-3 cups of dairy every day will build strong bones.

Abby King, Dietetic Intern

Bee Keeping in Orange County
November 2015

Hello beekeepers, gardeners and friends of the honey bee here is a bit of information.

Effective September 1, 2015 House Bill 3764 went into effect. HB 3764 substantially made it easier for the "small scale" beekeeper to sell honey. Below are the key provisions of the bill.

(1-a) "Beekeeper" has the meaning assigned by Section 131.001, Agriculture Code.

(7) "Small honey production operation" means a beekeeper that:

(A) produces less than 2,500 pounds of honey each year;

(B) sells or distributes the honey or honeycomb that the beekeeper produces either personally or with the help of the beekeeper's immediate family members;

(C) only sells or distributes honey or honeycomb:

(i) that is produced from a hive that is:

(a) located in the state; and

(b) owned and managed by the beekeeper;

(ii) that is pure honey as defined by Section 131.001, Agriculture Code, and that is raw and not blended with any other product or otherwise adulterated; and

(iii) directly to consumers at the beekeeper's home, a farmer's market, a farm stand, or a municipal, county, or nonprofit fair, festival, or event; and

(D) delivers the honey or honeycomb that the beekeeper produces to the consumer at the point of sale or another location designated by the consumer.

SECTION 2. Chapter 437, Health and Safety Code, is amended by adding Sections 437.0197, 437.0198, and 437.0199 to read as follows:

Sec. 437.0197. EXEMPTION FOR SMALL HONEY PRODUCTION OPERATION. A small honey production operation is not a food service establishment for purposes of this chapter.

Sec. 437.0198. REGULATION OF SMALL HONEY PRODUCTION OPERATION PROHIBITED. A local government authority, including a local health department, may not regulate the production of honey or honeycomb at a small honey production operation.

Sec. 437.0199. LABELING REQUIREMENTS FOR SMALL HONEY PRODUCTION OPERATION. Honey or honeycomb sold or distributed by a small honey production operation must be labeled in accordance with Subchapter E, Chapter 131, Agriculture Code. The label must include:

(1) the net weight of the honey expressed in both the avoirdupois and metric systems;

(2) the beekeeper's name and address; and

(3) the statement "Bottled or packaged in a facility not inspected by the Texas Department of State Health Services."

Also remember the TAMU Inspection Service maintains a web site with general information, educational opportunities and removal contacts. The web site address is ***Tx.beeinspection.tamu.edu***

If you would like a particular topic addressed in future updates please send a note to Ashlee Krebs, Orange County Agent.

Orange County Apiary Sub-Committee

Beekeeping 2016 Class starting February.

Please contact the Extension Office for more details 882-7010

Pumpkins: Carve And...EAT Them!

When you're out picking out your pumpkins for Halloween smaller sugar pumpkin varieties, these are the sweetest and best for baking. Pumpkin is low in calories, low in fat, packed with fiber and high in Vitamin A.

Basic Pumpkin Puree

Preheat oven to 325° F. Cut a sugar pumpkin in half, stem to base. Remove seeds and pulp. Cover each half with foil. Bake foil side up, 1 hour, or until tender. Scrape meat from halves and puree in a food processor or blender. Strain to remove stringy pieces. Use in recipes or store in the freezer in freezer safe bags.

Roasted Pumpkin Seeds (also know as pepitas*)

Preheat oven to 350° F. Separate the seeds of a carved pumpkin from the stringy membrane and rinse the seeds to remove remaining membrane. Place seeds on a paper towel to dry for 20 minutes. Spray a cooking sheet with nonstick cooking spray and place the seeds in a single layer on a baking sheet. Lightly sprinkle with salt. Bake for 15-20 minutes until lightly browned. Cool and enjoy. Store extra seeds in airtight container.
***Pepitas are packed with iron, zinc and monounsaturated fats.**

Pumpkin Cheesecake...On the Lighter Side

2 cups gingersnap cookies, crushed*
1/3 cup light butter, melted
2 (8 ounce packages of 1/3 less fat Neufchatel cream cheese, softened
1/2 cup granulated sugar
3 large eggs
1 cup 100% pure pumpkin or 1 cup pumpkin puree
1 teaspoon pumpkin pie spice

In a medium mixing bowl, combine crushed gingersnaps and butter. Press into the bottom and halfway up the sides of a spring form pan. Bake in a preheated 350° F oven 10 minutes. Remove from oven and cool. In a food processor or using an electric mixer, beat cream cheese and remaining 1/2 cup sugar until fluffy; scraping edge of bowl. Slowly add eggs, one at a time., scraping edge of bowl between each egg. With food processor running, add in pumpkin and pumpkin spice until well blended. Pour over gingersnap crust. Return to oven and bake 45-55 minutes or until cake is set 3-inches from edge but still wobbly in center when pan is gently shaken. Remove from oven and run knife around edge of cake to loosen. Place on cooling rack and allow to cool 30 minutes. Run a knife along edge of cake again and transfer to refrigerator. Refrigerate, uncovered, until thoroughly chilled, at least 4 hours. Carefully release and remove side of pan before serving.
***A food process works best for crushing the gingersnap cookies, however, a recloseable food storage bad and a rolling pin will work also.**

Jennifer Shea, MS,MPH,RD
Corporate Dietitian
Shaw's Supermarkets

Portions, Portions, Portions

Did you know that 100 extra calories a day can put on 10 pounds in a year?

It takes an excess of about 3,500 calories to gain a pound. A bite here, a bite there and we've run up 100 (OR MORE!) calories in just a few tastes. For example:

Bite 1. One-fourth (1/4) cup of orange juice remains in the carton. We might as well finish it, right? CALORIES: 26

Bite 2. Two tablespoons of granola are left in the box. It's hardly worth returning to the cupboard. We add it to the cereal bowl. CALORIES: 64

Bite 3. We add two teaspoons powdered cream substitute in our coffee or tea shortly after arriving at work. CALORIES: 20

We're already up to 100 extra calories and it's not even break time yet!

Remember to enjoy your food but be aware of the amount of food you eat. Those extra calories do add up.
Resource: Iowa State University Extension & Outreach, www.ohioline.osu.edu

Have a question? Need a Soil sample?
Call for a site visit from your Agent!

Need a plant , weed or bug identified? Email a picture to the Master Gardener email at extension@co.orange.tx.us or Ashlee.krebs@ag.tamu.edu

Would you like to receive the Ag Natural Resources Newsletter in 2016. Contact us to be put on the email list for 2016 FREE! 882-7010 or orange-tx@ag.tamu.edu

Word from your Ag Agent:

This month has been very busy for us Ag agents, and this past month Orange County had the honor to host the Texas County Agriculture Agents Association (TCAAA) of District 9 for their fall training. We visited many of the good eateries in Orange County as well as seeing the beautiful Shangri La and Mike Bear's Blueberry Farm, known as Creekwood Farms in Vidor. All in all, Orange County was able to shine with its diversity in agriculture to many agents around the region whom were all very impressed. Many thanks to the Orange County residents that helped us in making this happen, and for everything you continue to do for the Texas A&M AgriLife Extension Service Orange County! We would not have the impact we do without you!

Master Gardener Upcoming Classes

The following October dates and topics are opened to the Public with a fee of $12 per class.

October 3rd—Hands on activity at OCMGA greenhouse. Soil Testing, Plant Propagation, Grafting with Bonnie Childress. Bring a plant to Propagate
October 6th & 8th—Soil, Water, and Plant Nutrients. Dirt Poor or Dirt Rich and Making your Soil activity (these 2 days will be charged as one)
October 13th Earth Kind Landscaping
October 17th Greenhouse Activity 8 am to Noon. Spice Up Your Life Herb Gardening
October 20th—From the Roots to the Shoots Plant Health
October 27th—Fruit and Nut Production—Sweet and Tangy and a Little Nutty

Learning to make rugs from recycled Plastic Bags

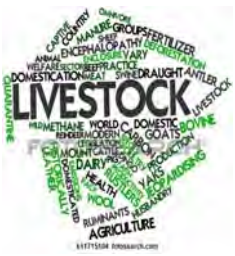
Kale Chips
Serves 6

1 bunch of Kale (or chard, spinach or collards)
1 1/2 tablespoons olive oil
Optional seasonings, listed below

Preheat oven to 200 degrees F.
Line a cookie sheet with parchment paper (optional)
Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems.
Tear into bite-size pieces.
Place kale pieces on cookie sheet.
Drizzle olive oil over kale and then sprinkle with seasonings of choice.
Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned

Notes: Seasoning suggestions: salt, pepper, onion powder, garlic powder, chili powder, cumin, turmeric and Parmesan cheese.
Total Calories 63, Total Fat 4g, Protein 3g, Carbohydrates 6 g, Dietary Fiber 1g, Saturated Fat 1 g, Sodium 26 mg.

Livestock Management



Fall is well on its way, which brings indecisive weather of Southeast Texas, Friday night lights, and winter preparation. As the parasites thrive for the last few months, remember vaccinations are very important to stay on top of unwanted pest. Also, rotating your pastures and dragging your fields to help break up the manure piles will help fight against parasites in the spring. The fall is the perfect time to do soil samples and applying cool season grass seed for your winter pastures.

Lawn & Garden

Webworms have been an eye sore here lately. This happens when moths lay hundred of eggs on the underside of leaves in the spring, and the eggs hatch and take over trees. Usually, web worms are not fatal to the trees, but having infestation yearly can cause the tree to stress making them susceptible to drought, disease, parasites or other pest. Below you will find pictures management practices.

Pest Management Practices (BMP)

The damage to most trees is usually not significant because the webs are usually concentrated in a single area and happen late in the season.

NON-CHEMICAL CONTROL: Small webs can be pruned out, bag and place in garbage. Make holes in existing webbing to allow predators to enter. Predators include: social wasps (yellow jackets and paper wasps), birds, predatory stinkbugs, and parasitic wasps.

CHEMICAL CONTROL: Bacillus thuringiensis (BT) with UV protectants applied all over the leaves stops new nest of young larvae. Other standard in insecticides can also be ingested by young larvae sprayed on adjacent leaves or are transported into the leaves after being absorbed systemically from the soil.

Pecan Trees

In Orange County we have many problems with our beloved Pecan tress not producing. The trees this year have been highly stressed with too much water then not enough, which leads to not enough nutrients getting to the tree. This of course leads the tree to susceptible to worms, diseases, and various other insect infestations. The

fall webworm, aphids and nutrient deficiency, are among the various problems we see in Orange County. The first line of defense is always soil health, followed by correct application of herbicides when needed. Pecan trees that produce high amounts annually are high maintenance. When noticing a problem it is usally a slow progression. Take note of the leaves, bark, weather patterns, kernels, and anything that may seem out of the ordinary when trying to fin the problem. If you need further assistance don't hesitate to contact your Agriculture Agent at 409-882-7010 or Ashlee.krebs@ag.tamu.edu... For further reading and assistance in evaluating Pecan Problems follow the link to the Aggie Horticulture article on this matter: http://aggie-horticulture.tamu.edu/fruit-nut/fact-sheets/evaluating-pecan-problems/

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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Return Service Requested

Cream of Pumpkin Soup

Non stick Cooking Spray
2 Tablespoons Chopped Onion*
1 Small fresh Tomato, Chopped*
1 Cup cubed thick sliced luncheon meat
1 small carrot, diced*
1 Tablespoon flour
3 cups low-sodium chicken broth
2 bay leaves
1 teaspoon thyme
1 15-ounce can 100% pure pumpkin
Black pepper to taste
1 8-ounce can evaporated fat free milk*
2 Tablespoons cornstarch

- Wash your hands and clean your cooking area.
- In a large skillet, coat with non-stick cooking spray.
- Add onion, tomato, luncheon meat, and carrot. Cook for several minutes over medium heat.
- Add flour and mix continuously for about a minute.
- Add chicken broth, bay leaves, and thyme to skillet. Cover and cook on low for 5 minutes.
- Remove bay leaves with a slotted spoon.
- Add pumpkin and pepper to skillet. Mix well until ingredients are combined.
- In a separate bowl, combine evaporated milk and cornstarch.
- Add milk mixture to skillet. Cook on medium heart for 5 minutes or until heated throughout.

Nutrition Facts
Serving Size 1.5 cup (294g)
Servings Per Container 6

Amount Per Serving	
Calories 140	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 500mg	21%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 13g	
Vitamin A 240% • Vitamin C 20%	
Calcium 10% • Iron 10%	

*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	300 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

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

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

Program Funded by USDA

*WIC Approved Food Package