

# TEXAS A&M AGRI LIFE EXTENSION

## County Extension Agents

Fallon Foster  
Family & Consumer Science

Christina Ritter  
4-H/Youth Development

Ashlee Krebs  
Agriculture/Natural Resources



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

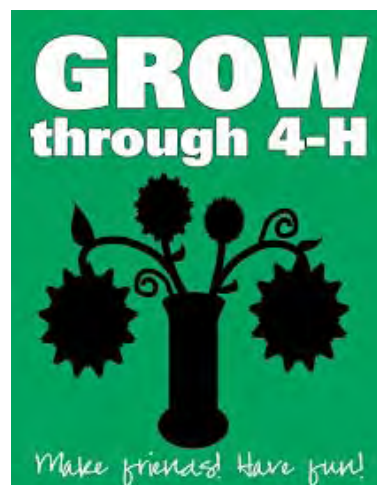


Look for us as  
Texas A&M AgriLife  
Extension—Orange County

## Orange County AgriLife Newsletter August 2016



The Extension Office will be closed Monday, Sept. 5, 2016



**The 2016-2017 4-H  
New Year Begins  
August 15th, 2016  
Interested in being  
a part of 4-H?  
Then come along  
and join our team!  
Call 882-7010.  
Enroll at  
[Texas.4honline.com](http://Texas.4honline.com)**

## Evening Class



Each participant will bring home  
a jar of the items they can.

## Hand's On Vegetable Canning Class

Thursday,  
September 8, 2016  
6 pm

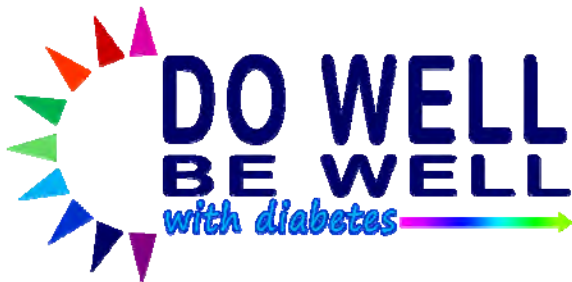
**\$20 per person\***

\*Cash or Check payable the day of the class



Class will be held at the Extension office. Limited to 15 participants.  
Call the Extension office for your reservation, 882-7010.

Class taught by, Fallon Foster, CEA  
Family & Consumer Science



*You still have time to sign up and began the  
road to a healthier you!*

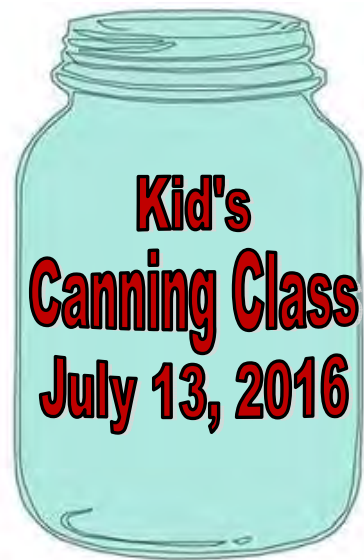
Classes for Adults with Type II diabetes will be held at the  
**Mauriceville Community Center**  
**August, 16, 23, 30, September 6 & 13th**  
**2 pm to 4 pm on Tuesdays for 5 weeks.**

It is important to attend all 5 classes to received the full educational benefit.  
Interested in participating call the Extension office at 882-7010.



## Attention Food Service Employees

**August 11th** will be your chance this year to receive your Food Handlers Certificate. Class will be held at the AgriLife Extension Office Orange beginning at 2 pm. Cost is \$20 per person and is payable by cash or check the day of the class. To register call 882-7010.





## Kids Beginners

# SEWing



**Youth Ages 9-18**

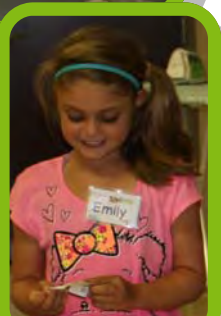
**Interested in Sewing?**

**Come along and join 4-H!**

**We have a Sewing Project Group that meets the 4th Tuesdays of each month at the 4-H office.**



**Our Camps and classes would not be possible without the help of our VOLUNTEERS!!!! THANK YOU**





# What's in the Label?

**September 22, 2016**

**6:00 pm - 8:00 pm**

**\$10.00**

**Texas A&M AgriLife**

**Extension Office**

**11475 FM 1442**

**Orange, TX**

**409-882-7010**

**Nutrition Facts**

Serving Size 1 cup (228g)  
Servings Per Container about 2

Amount Per Serving  
Calories 250    Calories From Fat 110

	% Daily Value*
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Proteins</b> 5g	
<b>Vitamin A</b>	<b>4%</b>
<b>Vitamin C</b>	<b>2%</b>
<b>Calcium</b>	<b>20%</b>
<b>Iron</b>	<b>4%</b>

\*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

FDA.gov

1 Serving Size  
2 Amount of Calories  
3 Limit these Nutrients  
4 Get Enough of these Nutrients  
5 Percent (%) Daily Value  
6 Footnote with Daily Values (DVs)



## The class will cover:

- **reading the label**
- **nutritional value**
- **what GMO, Natural, and Organic means.**
- **Live meat cutting demonstrations.**

**Please call and let us know you are coming.**

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.



1st Annual Casserole Pot Luck  
Orange County 4-H Awards Banquet  
For Members & Family



Thursday  
September 1, 2016  
6 pm to 8 pm

Orange County  
Convention & Expo Center

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## “Learn to Build a Recordbook”

Will meet the 1st Tuesdays of each month @ 6pm

Learning the importance of keeping a record book which will enable you for competitions and scholarships. The class will allow you the skills needed to keep up with your project record throughout your 4-H year. The Family Guide to the Texas 4-H Recordbook will be what is used for the majority of teaching these skills. In order to qualify for certain awards at our annual Award Banquet Ceremony, a recordbook will be a requirement. It will be a great learning experience and I hope you are able to attend. Please contact extension office (882-7010) to sign up for your spot in the class. See you at Recordbook, Ms. Becky.



## **Important Livestock Dates to remember !!!!**



### **POULTRY**

#### **ORANGE COUNTY LIVESTOCK SHOW POULTRY**

Pick up Birds  
August 5th  
8 am to 12 noon  
at the AgriLife Extension Office

#### **SOUTH TEXAS STATE FAIR (YMBL)**

**Friday, September 30th**  
**Poultry order deadline for 4-H Office**

## **Orange County Livestock Show** **October 7 & 8, 2016**



We would love for you to be a part of OCLSA

We meet the 1st Monday of each month

7 pm

OCLSA Barn or AgriLife Office

(depending on weather)

Barn is located on Arnel Road in Mauriceville.

Take Cohenour off Hwy 62 then first left and the barn  
will be down on the left.

Let us know if you want to be added to the OCLSA  
meeting email notification list -882-7010.





**Attention ALL 4-H Members**  
**September will be Election Month for**  
**Orange 4-H County Council.**  
**County Council meets the 1st Monday of each**  
**month**  
**Officers meet at 6 pm followed by the**  
**6:30-7:30 Council Meeting.**  
**Anyone interested in running for an office**  
**must be able to attend 75% of all meetings.**  
**The County Council plans and promotes 4-H**  
**throughout the year.**  
**ALL 4-H YOUTH ARE WELCOMED**



## Adult Leaders

**Adult Leaders are parents of our 4-H members**  
**and Adults from the community who care about**  
**4-H and the youth.**

**The Adult Leaders advise the**  
**4-H County Council along with**  
**Planning fundraiser, community**  
**service projects and conducting leader training.**

**The Adult Leaders meet at the same time**  
**As the county council**  
**1st Mondays of each month at 6:30 pm**

**ALL PARENTS ARE WELCOME AND**  
**ENCOURAGED TO ATTEND!**







## **Adult Leaders Association & County 4-H Council**

1st Mondays @ 6:30 pm

4-H Office (Council Will not Meet in August)

ALL Adults & 4-H Members Welcomed

## **Dusty Trails 4-H**

2nd Monday

7 pm @ 4-H Office

## **Mighty Pirates 4-H**

2nd Tuesday @ 7 pm,

Raymond Gould Community Center Vidor

## **Clay Busters 4-H Shooting Sports**

Each Tuesday @ 6 pm

Orange Gun Club

## **Boots and Bridles 4-H Horse Club**

3rd Wednesdays @ 6 pm

T2 Arena (weather permitting)

**PLEASE NOTE—Contact the club manager or 4-H office if your club meeting date falls on a Holiday. You will be informed of the new date for that particular meeting.**



4th Mondays  
6 pm @  
4-H Office



4-H Sewing Workshop  
4th Tuesday of each month  
6 pm @ 4-H Office



4-H Horse  
Judging Practice  
TBA

**Beginning August 16, 2016**

## **FOOD AND NUTRITION**



For all 4-H members  
6pm  
4-H Office  
Call if Interested  
882-7010



Interested in being a  
part of a 4-H Robotics  
Club?  
If so, call the 4-H office  
882-7010



# 4-H August 2016 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <i>Adult Leaders</i> <i>3:30</i>	<b>2</b> <i>Poultry Work-</i> <i>shop 6 pm</i>  <i>Clay Busters</i> <i>6pm</i>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> <i>Dusty Trails</i> <i>7pm</i>  <i>Clover Camp</i> <i>1pm-4pm Ex-</i> <i>po Center</i>	<b>9</b> <i>Clay</i> <i>Busters 6pm</i> <i>Mighty</i> <i>Pirates 7 pm</i> <i>Clover Camp</i> <i>1pm-4pm</i>	<b>10</b> <i>Clover Camp</i> <i>1pm-4pm</i> <i>Expo Center</i>	<b>11</b>	<b>12</b>  <i>Outdoor</i> <i>Awareness</i> <i>9 am to 1 pm</i> <i>Claiborne</i> <i>Park</i>	<b>13</b> <i>Back to School</i> <i>@</i> <i>Lamar</i> <i>Orange</i> <i>9am-1pm</i>
<b>14</b>	<b>15</b> <i>Boots &amp;</i> <i>Bridle 6 pm</i>  <i>2016-2017</i> <i>4-H Enroll-</i> <i>ment Opens</i>	<b>16</b> <i>Food &amp;</i> <i>Nutrition 6pm</i>  <i>Clay</i> <i>Busters 6pm</i>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> <i>Public</i> <i>Speaking 6pm</i>	<b>23</b> <i>Sewing</i> <i>Project</i> <i>6 pm</i> <i>Clay</i> <i>Busters 6pm</i>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b> <i>Clay</i> <i>Busters</i> <i>6 pm</i>	<b>31</b>  <i>Club</i> <i>Reports</i> <i>Due 4-H Ofc.</i>			





**Orange County 4-H members delivered  
homebaked goodies, treats and a meat tray  
to say THANK YOU to  
Orange Tractor Supply  
For always supporting 4-H**





# How to Pack a School Lunch

## A Main Course

Sandwich  
Hot Dog  
Meat Rolls  
Pizza Pretzel  
Quesadilla  
Tuna Salad & Crackers  
Tortilla Roll Ups  
Muffin Pot Pie  
Pizza Muffin  
Pita & Hummus

## A Fruit or Veggie

Orange Segments  
Apple Slices  
Pineapple Chunks  
Mandarin Oranges  
Carrot Sticks  
Cucumber Sticks  
Celery Sticks  
Jicama Sticks  
Cherry Tomatoes  
Grapes  
Peach Slices  
Banana Coins  
Green Beans  
Fruit Cocktail  
Dried Fruit  
Pepper Slices  
Broccoli  
Cauliflower  
Pear Slices  
Watermelon

## A Snack

Cheese  
Pretzels  
Popcorn  
Craisins  
Boiled Egg  
Rice Cake  
Crackers  
Pickle  
Trail Mix  
Cereal  
Go-gurt

## A Drink

Water  
Juice  
Lemonade  
Capri Sun  
Fruit Water

Make substitutions and additions as desired.

High protein foods will help kids stay fuller longer.

## A Treat

Fruit Snacks  
Cookies  
Brownie  
Fruit Leather  
Candy

**TIPS FOR SUCCESS:**  
Choose one item from at least three categories.

Don't forget to seal all the ziplock bags.

whilehewasnappping.com





## Tips For Back to School

1. use a planner
2. tackle you big task first
3. don't overcommit yourself
4. get enough sleep
5. get organized
6. keep your technology charged
7. track your grades
8. get ahead | don't procrastinate
9. lay out your outfit before
10. take a break
11. stay positive

[www.prepinyourstep.com](http://www.prepinyourstep.com)

## Help your child become a better **READER**

Questions to ask your child while reading fiction text.

- Who is the main character?
- What is the setting in the story? Does the setting change?
- What was the problem in the story and how was it solved?
- Did the character change during the story? How?
- How are you like the main character? How are you different?
- What do you predict will happen next in the story?
- Why do you think the author chose this title for the story?
- Do you like the title of the story? Why or why not?
- Can you think of a different title for the story?
- Which character from the story would you choose to be your friend? Why?
- Which part of the story was the most exciting? Why?
- Did you like the end of the story? Why or why not?
- Which parts in the story could really happen? Which parts could not really happen?

fun-in-first.blogspot.com







## Brag About it Bread Bake

Makes 6 servings

You'll want to tell everyone about this bread bake that features broccoli, chicken, cheese, onion, eggs, and milk

### Ingredients

- 6 slices bread (cubed, approximately 6 cups)
- 1 1/2 cups broccoli (frozen, chopped and cooked)
- 1 cup cheddar cheese, low-fat shredded
- 1 tablespoon onion (minced, optional)
- 1 cup chicken, skinless (diced, cooked)
- 3 eggs or 4 egg whites
- 2 cups milk, non-fat

### Directions

1. Place half the bread in a well greased 9x9 inch pan.
2. Top with broccoli, cheese, onion and meat.
3. Place remaining bread on top.
4. In a bowl, mix eggs and milk.
5. Pour egg mixture over bread in pan.
6. Cover. Refrigerate overnight or at least 1 hour.
7. Bake uncovered at 325 degrees for 1 to 1 1/2 hours, or until center is firm and lightly browned.



University of Wisconsin, Cooperative Extension Service, "Bread" Fact Sheet A Family Living Program

### Nutrition Information

Total Calories 250; Total Fat 6g; Protein 25g; Carbohydrates 24g; Dietary Fiber 2g; Saturated Fat 2g; Sodium 420mg



## Agriculture Secretary Proclaims August 7-13 'National Farmers Market Week'

WASHINGTON, July 11, 2016 - Agriculture Secretary Tom Vilsack today signed a [proclamation](#) declaring Aug. 7-13, 2016, as "National Farmers Market Week." This year marks the 17th annual National Farmers Market Week to honor and celebrate the important role that farmers markets play in local economies.

"Farmers markets are an important part of strong local and regional food systems that connect farmers with new customers and grow rural economies. In many areas, they are also expanding access to fresh, healthy food for people of all income levels," said Secretary Vilsack. "National Farmers Market Week recognizes the growth of these markets and their role in supporting both urban and rural communities."

Throughout the week, USDA officials will celebrate at farmers market locations across the country. On Saturday, Aug. 6, Elanor Starmer, the Administrator of USDA's Agricultural Marketing Service (AMS) – which conducts research, provides technical assistance, and awards grants to support local and regional food systems – will kick off the week visiting a farmers market and wrap up the week at USDA's own farmers market in Washington, D.C., Friday, Aug. 12.

"Farmers markets are a gathering place where you can buy locally produced food, and at the same time, get to know the farmer and story behind the food you purchase," said Administrator Starmer. "These types of markets improve earning potential for farmers and ranchers, building stronger community ties and access to local foods."

To help farmers market managers across the country promote and celebrate National Farmers Market Week, USDA is sharing online free farmers market related graphics that market managers and others can use to customize posters, emails, websites and other promotional materials. The graphics, along with a short demonstration video, can be found at: [www.ams.usda.gov/resources/NFMW](http://www.ams.usda.gov/resources/NFMW)

Over the course of the Obama Administration, USDA has invested close to \$1 billion in 40,000 local food businesses and infrastructure projects. Farmers markets provide consumers with fresh, affordable, convenient, and healthy products from local producers. With support from USDA, more farmers markets offer customers the opportunity to make purchases with the Supplemental Nutrition Assistance Program; the Women, Infants, and Children Nutrition Program; and the Senior Farmers' Market Nutrition Programs.

Supporting farmers markets is a part of the USDA's [Know Your Farmer, Know Your Food](#) (KYF2) Initiative, which coordinates the Department's work to develop strong local and regional food systems. USDA is committed to helping farmers, ranchers, and businesses access the growing market for local and regional foods, which was valued at \$12 billion in 2014 according to industry estimates. You can also find local and regional supply chain resources on the newly-revamped [KYF2 website](#) and use the [KYF2 Compass](#) to locate USDA investments in your community.

More information on how USDA investments are connecting producers with consumers and expanding rural economic opportunities is available [in Chapter IV of USDA Results on Medium](#).



## Field of Plenty



The mission of The Field of Plenty garden is to bring the community together to grow, harvest, prepare, and give fresh fruits and vegetables to help alleviate food insecurity and to pass on the knowledge of gardening and food preparation for a healthy community, thus continuing God's love in action in Orange County.

thefieldofplenty@gmail.com  
 FB: <https://www.facebook.com/fieldofplenty>  
 409-886-0938



### AUGUST 2016

#### The Field of Plenty Donation Garden

The Field of Plenty is a new program addition to Orange Christian Services and is located directly behind the OCS building at 2120 Wickard. The purpose of the garden is to supply fresh fruit and vegetables to the OCS food pantry.

This month we are looking for volunteers to help us with the following tasks: moving cinder blocks, hauling soil to fill the beds, trimming fence rows, picking up trash, and weeding. Tools needed if you can help with any of these tasks are wheelbarrows, shovels, hoes, and pruners. Volunteers need to always wear sturdy shoes and bring gloves. Also have your name written on any tools you bring.

Have a question, problem or concern about your:

Garden  
 Flowers  
 Plants  
 Lawn  
 Pond  
 Trees

Call our Master Gardener Hotline  
 409-745-9708

Or stop by and talk with our  
 Master Gardener  
 Tuesdays & Thursdays  
 10 am to 2 pm

You can also call the office  
 Monday Friday  
 882-7010 and leave a message  
 for the Master Gardener



**Aggie Horticulture**



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

*Great website for all your horticulture needs. Check the site out!*

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



## Shrimp Coleslaw

1—1lb bag coleslaw

1 lb shrimp, cooked, chopped

1 bunch green onions, chopped

1 bell pepper, chopped (optional)

### Dressing:

1 cup mayo

3 Tablespoon lemon juice

1 1/2 Tablespoon Cajun Seasoning

1 Tablespoon horseradish, optional

1. In a law bowl combine slaw, shrimp, peppers and onions. Set aside.
2. In another bowl, combine the mayo, lemon juice, seasoning and horseradish, if using. Stir until well blended. Pour over the coleslaw and shrimp mixture and toss well.
3. Put in refrigerator for about 20 minutes and serve cold.

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

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.