

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

December 2016



2017
Happy New Year



Certified Food Managers Course & Exam Offered

Fallon Foster, B. S.
County Extension Agent
Family & Consumer Science
will conduct the course and
exam at the Extension office
11475 FM 1442 Orange,
409-882-7010.

January 25th & February 1st
Registration Deadline
January 11th

Classes are held 9 am to 5 pm each day

Must pre register by obtaining the
registration form from

<http://foodsafety.tamu.edu>

Must submit payment of \$125 per person
payable to FPM Account 230202 along with
registration form to FPM prior to deadline
dates.



Food Handlers Course
February 8th
10 am to 12 Noon



\$20 per person payable by check
or money order to
FPM Account #230202
(cash not accepted)

Deadline to pre-register is February 6th. Register by calling the Texas
AEM AgriLife Extension Office, 409-882-7010. Course will be held
at the AgriLife Office, 11475 FM 1442 Orange.

TP TOP PERFORMANCE®

Helping You Be Your Best.

TEXAS A&M
AGRI LIFE

Good Posture Works

The way you carry yourself can affect how you feel and your productivity. Good posture saves energy and prevents pain and long-term injury. Follow these perfect posture tips:

- ➔ Sit or stand up straight by lining up your ears, shoulders and hips in a vertical line.
- ➔ Keep your feet flat on the floor when sitting.
- ➔ Avoid crossing your legs, sitting with 1 foot tucked under you or leaning to 1 side.
- ➔ Alternate between sitting with your back against your chair's backrest and sitting on the edge of your chair with a straight back to reduce back strain.
- ➔ Use a small pillow or folded towel to support your lower back when sitting at a desk or driving.
- ➔ Get up and stretch at least once every 30 minutes.
- ➔ Wear supportive footwear.
- ➔ Avoid slouching, leaning or hunching over to work.
- ➔ Prop up 1 foot on a footrest periodically, and use a cushioned mat if you stand for long periods.
- ➔ Be aware of pain in your neck, shoulders and back. It could be a sign that your posture needs a tune-up.



Unplug, *Reconnect*

Have you tried digital fasting? That's when you purposely turn off electronic devices for anywhere from a few hours to several days. The point is to disconnect from the artificial world of social media, electronic communication, the internet and TV – and reconnect with the world around you and your own inner voice and thoughts. Unplugging for a day or more may benefit you in these ways:

Improved posture. You will sit and stand up straighter, rather than hunched over a device, becoming cranky, stiff and achy.

More personal connections. You will make more eye contact with people and appear more friendly and approachable. You may lose that sense of loneliness and disconnect from spending hours and days attached to your devices.

Better conversation and collaboration. Instead of turning to your device for every answer and suggestion, you may enjoy more meaningful conversations, ask more questions and come to more shared solutions.

Fantastic focus. Without the distraction of mobile devices, you may find yourself more aware, observant and able to remember details.

Improved sleep. The blue light emitted by some electronic devices, such as phones and tablets, has been proven to disrupt sleep patterns. You might not sleep longer after you unplug, but you could improve sleep quality and feel more rested.



“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.” – Thomas Edison

How Rude! How to Stay Civil

Rudeness spreads like the common cold, and it happens without people being aware of it, according to University of Florida researchers.

Study results: Those who rated people they were paired with as rude were more likely to be rated as rude themselves by others. In this way, just 1 or 2 rude coworkers can infect an entire workplace.



To counteract this viral rudeness effect, focus your efforts on staying civil and acting with kindness, compassion and understanding.

► **Watch more than your words.** Nonverbal communication such as facial expression, gestures and body posture can convey disrespect.

► **Manage your own stress.** Find ways to stay calm and let little slights and problems slide off, instead of reacting to them with anger or impatience.

► **Focus on solutions.** When problems arise, think helpful – not blaming or complaining.

► **Think before you speak.** Consider how what you are about to do or say will affect others.

Finally, focus on the big picture. Put small annoyances in perspective and focus on how people's differences combine to create a stronger and more positive workplace.

Brought to you by Personal Best®



21 Healthier Trail Mix Recipes to Make Yourself

There are no rules to trail mix so go ahead and combine whatever sounds good! Here are a list of combinations you may want to try.

1. **Simple and Sophisticated:** Almonds, dried cherries, dark chocolate chips, sea salt and cinnamon.
2. **Old School GORP:** Peanuts, raisins, M&M's.
3. **Tropical Mix:** Cashews, Brazil nuts, dried mango, coconut flakes, banana chips.
4. **Fall Flavors:** Pecans, dried apples, maple granola, pumpkin seeds, nutmeg, cinnamon.
5. **Savory Seeds:** Almonds, pumpkin seeds, sunflower seeds, garlic powder, onion powder, cayenne pepper.
6. **Power Mix:** Goji berries, pistachios, dried blueberries, flax seeds, dark chocolate chips.
7. **Rich and Creamy:** Coconut flakes, white chocolate chips, Hazelnuts, chocolate-covered coffee beans, cacao nibs.
8. **Beachy:** Macadamia nuts, white chocolate chips, dried pineapple, coconut flakes.
9. **Nuts for Nuts:** Almonds, walnuts, peanuts, cashews, pecans, raisins.
10. **Exotic:** Peanuts, raisins, puffed rice, pretzels, curry powder, chili powder.
11. **Spicy and Savory:** Almonds, wasabi peas, sesame seeds, dried ginger, Chex cereal.
12. **Raw Energy:** Walnuts, pumpkin seeds, sunflower seeds, cinnamon, nutmeg, sea salt, dried apricots, dried cranberries.
13. **Peanut Butter Friend:** Banana chips, peanut butter chips, peanuts, almonds, dark chocolate chips.
14. **Coffee Shop:** Hazelnuts, almonds, raisins, chocolate-covered coffee beans, white chocolate chips.
15. **Chocolate Lover:** Hazelnuts, dried cranberries, chocolate-covered almonds, M&Ms, cacao nibs.
16. **Monkey Munch:** Banana chips, peanuts, sea salt, almonds, dark chocolate chips, raisins, coconut flakes.
17. **Movie Night:** Popcorn, peanuts, M&Ms, dried cranberries. Pro tip: Use hot popcorn to melt the chocolate.
18. **Cereal Lovers:** Bran Flakes, shredded wheat cereal, puffed rice, granola, cashews, dried cherries, dried cranberries, dried blueberries.
19. **Deconstructed Puppy Chow:** Almonds, whole-grain Chex or wheat cereal, dark chocolate chips, peanut butter chips, cacao nibs, dried cranberries.
20. **PB&J:** Peanuts, dried strawberries, peanut butter chips, shredded wheat cereal.
21. **Cajun Blend:** Almonds, pecans, walnuts, sunflower seeds, pumpkin seeds, sea salt, garlic powder, chili powder, ground cumin, cayenne pepper.





Orange County Master Gardeners

Orange County 4-H Boots & Bridle Club



Scarecrow Contest

The Field of Plenty Presents...

Eat Healthy and Grow a Vegetable Garden Class



Now is the time to think about gardening...for the next year! Join The Field of Plenty and the Texas A&M AgriLife Extension Service with hands-on training at The Field of Plenty on Saturday, January 28, 2017.

In the morning, we will host three 45 minute workshops on how to select seeds to plant if you would like to save your own seeds, how to plant a vegetable garden, and how to prepare foods from the garden!

In the afternoon, we will demonstrate how to build a keyhole garden and go over the basics of composting.

Email: thefieldofplenty@gmail.com

Facebook: <https://www.facebook.com/fieldofplenty>

FREE WORKSHOPS

- Beginner's Seed Saving 9:00—9:45 a.m.
- Vegetable Garden Basics 10:00—10:45 a.m.
- Cooking what you Grow 11:00—11:45 a.m.
- Composting Basics 1:00—1:30 p.m.
- Keyhole Gardens 1:30—2:30 p.m.

You can attend one or all the classes. Please call the AgriLife office at 409-882-7010 to preregister so we'll know how many to expect. If you forget, come on anyway!

The Field of Plenty at 2120 Wickard is located directly behind Orange Christian Services on West Park Ave in Orange, Texas.



The Field of Plenty is a donation community garden dedicated to helping feed the hungry in our community.



Have a question, problem or concern about your:

Garden
Flowers
Plants
Lawn
Pond
Trees
Insects/bugs



Call or stop by the AgriLife Extension Office on Tuesdays & Thursdays 10am-2pm
Or call and talk with our Master Gardener on the MG Hotline, 409-745-9708,
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!



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
<https://www.facebook.com/fieldofplenty>
409-886-0938



December 2016

The Field of Plenty

Donation Community Garden

The gift season is fast approaching as Christmas has our thoughts turning toward family and friends. Amidst the flurry of shopping and parties and family time centered on Christmas, consider giving a gift throughout the year to those who may need to know that someone really cares about them!

The Field of Plenty is finishing its first productive year as a garden that provides fresh fruit and vegetables to help feed the hungry in our county – our neighbors. We have harvested over a 150 pounds of produce in November alone and for the first year, The Field of Plenty has provided 1096 pounds of produce thus far to Orange Christian Services.

Our community, businesses, service organizations, individuals, and school groups, have helped this donation garden become a reality. The land has been cleared, ten raised beds that measure five feet by twenty feet have been built, several hundred feet of row gardening has been tilled and planted, and the property has been fenced. All accomplished by our community's generous spirit.

As the garden continues to take shape, think about volunteering. We will need people who can help plant, water, and harvest the produce. All harvesting is done in the morning hours before Orange Christian Services opens at 10:00 a.m. to provide the day's clients with fresh produce. If you would like to help, contact us by phone, email, or Facebook.

The Field of Plenty at 2120 Wickard is located directly behind Orange Christian Services on West Park in Orange.

Have a Merry Christmas, and thank you to all who have helped make The Field of Plenty a reality! Hope to see you next year!



December 15th, 6 pm to 8 pm
Orange County Convention
& Expo Center

Community Service:

Please bring Walmart gift cards in any amount. We will be presenting them to CASA for Christmas gifts for the children!!

Food:

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



Activities to include:

- Christmas themed photo booth
- Youth and adult ugliest sweater contest
 - Door prizes
 - Kids coloring table
 - Christmas Games



Orange County 4-H



Adult Leaders Association 6 pm

County 4-H Council 6:30 pm

1st Mondays

4-H Office 4-H Members & Parents Welcomed

Dusty Trails 4-H

2nd Monday

7 pm @ 4-H Office

Sherri Jones 409-553-9823

Boots and Bridles 4-H Horse Club

3rd Monday @ 6 pm

T2 Arena (weather permitting)

Becky Hutchison 670-8945

All Hearts 4-H Homeschool Club

3rd Mondays @ 1pm—3 pm

Clairborne Park

Cortney Sanders 979-574-7220

Kristen Hay 474-9666

Mighty Pirates 4-H

2nd Tuesday @ 7 pm,

Raymond Gould Community Center Vidor

Kathy Hester 790-8835

Clay Busters 4-H Shooting Sports

Meets January—August

Orange Gun Club

John Bilbo, 882-4284

Robert Caffey 767-6222

Club meetings continued on next
column.



new club

Speak 4-H

(public speaking)

4th Mondays

6pm @ 4-H Office

WILL NOT MEET IN DECEMBER

Tommy Byers, 409-745-9704



“Learn to Build a
Recordbook”

1st Tuesdays

6pm

4-H Office



Food & Nutrition
(cooking)

3rd Tuesdays

6pm

4-H Office

**WILL NOT MEET
IN DECEMBER**



4-H Sewing

4th Tuesday

6 pm

4-H Office

**WILL NOT MEET IN
DECEMBER**



Livestock Judging

Thursdays

6 pm

4-H Office



Getting our Robotics
in order! Meeting in
January TBA

ORANGE COUNTY LIVESTOCK CLASSIC

SATURDAY, FEBRUARY 25, 2017

ORANGE COUNTY LIVESTOCK SHOW BARN

5319 ARNEL ROAD MAURICEVILLE TX

CRAWFISH FESTIVAL FAIRGROUND



*Each Show Overall
Reserve Champion
Prize & \$50*

*Each Show Overall
Grand Champion
Belt Buckle & \$100*

*Breed Champion—Prize
Class Winners—Prize
Division—Prize*

SWINE LAMBS GOATS STEERS HEIFERS BULLS

Show Order Swine, Lambs, Goats, Steers, Heifers, Bulls and Open Goat

Swine, Lamb & Goat	Check In 7 am—8:30 am	Show Time 9 am
Steers, Heifers & Bulls	Check In 10 am-11:30 am	Show Time 12:30
Open Goats*	Check In 1 pm	Show Time after cattle

* The open goat show is open to youth from 3rd grade through 12th grade. Goat breeds will include; pygmy, miniature dairy and standard dairy from ages 0-6 months and up.

*Jr. & Sr. Showmanship
60/40 Split
\$5 entry paid
at gate
100% payback*



- *Swine, Lamb & Goat shown by Weight*
- *Steers shown by Breed Division & Weight*
- *Heifers & Bulls shown by Breed Division & Age (age verification required)*
- *(5 head constitutes a Breed)*

Entry Fee \$25 per animal

Make checks Payable to OCLSA

*Entry fees will be accepted up
until the end of check in.*



Concession Stand Provided. Generators Welcome

*Question Contact: Chris Alumbaugh 409-553-2201 or
Sabrina Gray 409-670-6260*

Bulls will be judged in 4 classes

- *0-12 months*
- *12-18 months*
- *18-24 months*
- *24 months & over*
- *Must have nose ring for Bulls over 12 months*



Orange County 4-H Eligibility Forms

If you are attending an event and need an eligibility form, please call the Extension office to request one. Remember to give yourself and the schools enough time to have them completed. This form will be sent to you if you are going to show in a 4-H sponsored livestock show, (does not include prospect shows) or participate in a 4-H County or District contest during 4-H year. It is on green paper. They are mailed out 2-3 weeks from the event. These forms are not required during the summer, when school is out. The process; once you receive the form, take the form to your principal to complete, and return the original back to the Extension office prior to the event date. If you need to take the form to the event, you must submit a copy to the 4-H office before the day of the event. Texas 4-H follows the same UIL guidelines with regards to absences, etc.

YMBL-South Texas State Fair

January 17th—Roaster Pickup
YMBL Office from 4pm-6pm

February 1st—Rabbit Entry Deadline
at 4-H Office

February 14th—Broiler Pickup
YMBL Office from 4pm-6pm

N-F FFA Alumni Association
RUBEN STRINGER
MEMORIAL LIVESTOCK SHOW
SATURDAY - JANUARY 7, 2017
White's Park Arena - Anahuac, TX

prizes
Drawing for 4 - \$250 certificates to purchase your next show animal

BUCKLES

Check-In @ 6:00-8:00am
Shows start at 9:30am (2 Rings)
45 Buckles for Grand & Reserve
Entry fee \$20 per head
Pigs/Lambs/Goats shown by weight
Steers shown by breed & weight
Bulls/Heifers shown by breed & age

*Exhibitors must be enrolled in school and a member of FFA or 4-H

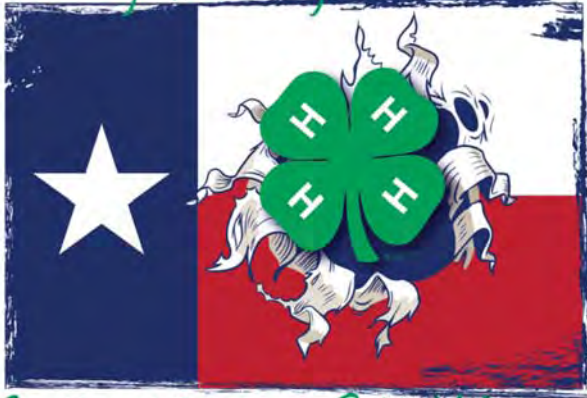
Show Information Contact:
Danny Doucet (832) 675-1074
Buddy Choate (409) 656-2740
Mike Broussard (409) 651-9073
Brad Bertrand (409) 718-7676
RV Hookups Available \$40
Move in Friday After 6 p.m.
(First Come - First Serve)
Co-Sponsored by: Barber Hill FFA, East Chambers FFA, Anahuac FFA, Chambers County 4-H

Facebook

Remember to go and like the Texas A&M AgriLife Extension Orange County Facebook Page. We are always updating information for events, opportunities, reminders and flyers for the office and the community. Be sure to check out the Facebook pages for the different 4-H clubs.



Greetings from Big Time in D-9



Southeast District 9 4-H Roundup

Time to start preparing for Big Time in D9 which will be held May 11-13th in Conroe.

Food and nutrition, Public speaking, Clothing & Textiles, and Livestock judging just to mention a few. If you are interested in participating in Big Time in D9, call the 4-H office, 882-7010.



**2017
TEXAS 4-H BEEKEEPING ESSAY CONTEST
RULES AND GUIDELINES**

Deadline Friday, January 27, 2017

Submit Electronically via Texas 4-H Connect :
Event : State – 2017 Beekeeping Essay Contest

Winners will be announced the week of February 20, 2017



The 2017 Essay Topic has been announced by The Foundation for the Preservation of Honey Bees, Inc.

This year's topic is *"How can MP3 (Managed Pollinator Protection Plan) more effectively protect honey bees from pesticide exposure?"*

If you are interested in submitting an essay, contact the 4-H office for a complete set of rules and guidelines, 882-7010.

DUE TO HOLIDAYS, BE SURE TO CHECK WITH YOUR CLUB MANAGER TO SEE IF YOU WILL STILL BE MEETING.

4-H DECEMBER 2016 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Council 6:30 pm	6 Recordbook 6pm	7	8	9	10
11	12 Dusty Trails 7pm	13 Mighty Pirates 7 pm	14	15 4-H Christmas Party 6pm	16	17
18	19 Boots & Bridle 6 pm All HEART 1pm	20 Speak 4-H @ Oakwood Manor 6pm	21	22	23 OFFICE CLOSED	24
25 MERRY CHRISTMAS	26 OFFICE CLOSED	27	28	29	30	31

4-H JANUARY 2017 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 OFFICE CLOSED ALA 6 pm Council 6:30	3 Recordbook 6 pm	4	5	6	7
8	9 Dusty Trails 7 pm	10 Mighty Pirates 7 pm	11	12 Club Managers/Leader meeting 6pm	13	14
15	16 OFFICE CLOSED Al Heart 1 pm Boots & Bridle	17 Roaster Pick up @ YMBL 4-6pm Cooking 6 pm	18	19	20	21
22	23 Speak 4-H 6 pm	24 Sewing 6 pm	25	26	27	28
29	30	31				

TEXAS A&M AGRI LIFE EXTENSION

Dinner Tonight!

Creole-Style Black-Eyed Peas

Ingredients:

- 3 cups water
- 2 cups dried black-eyed peas
- 1 teaspoon low-sodium chicken-flavored bouillon granules
- 2 cups canned unsalted tomatoes, crushed
- 1 large onion, finely chopped
- 2 stalks celery, finely chopped
- 3 teaspoons minced garlic
- 1/2 teaspoon dry mustard
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper
- 1 bay leaf
- 1/2 cup chopped parsley

Directions:

In a medium saucepan over high heat, add 2 cups of the water and black-eyed peas. Bring to a boil for 2 minutes, cover, remove from heat and let stand for 1 hour.

Drain the water, leaving the peas in the saucepan. Add the remaining 1 cup of water, bouillon granules, tomatoes, onion, celery, garlic, mustard, ginger, cayenne pepper and bay leaf. Stir together and bring to a boil. Cover, reduce heat and simmer slowly for 2 hours, stirring occasionally. Add water as necessary to keep the peas covered with liquid.

Remove the bay leaf, pour into a serving bowl and garnish with parsley. Serve immediately.

Nutrition Facts per Serving:

Serving size :About 1 cup

- Total carbohydrate 32 g
- Dietary fiber 6 g
- Sodium 43 mg
- Saturated fat trace
- Total fat 1 g
- Trans fat 0 g
- Cholesterol 0 mg
- Protein 11 g
- Monounsaturated fat trace
- Calories 173

HEALTHY TIP:

Most dried peas and beans, including black-eyed peas, are an excellent source of folate. One serving of this dish provides 70 percent of the daily recommended amounts.

Source: www.mayoclinic.org

Make Your Own Scented Mason Jar Candles

Materials:

Mason Jars with Lid

1- 1/8 Nipple

2- 1/8 Couplings

2- 3/8 in Washer

Lamp Wicks, 100% Cotton (or make your own out of 100% cotton T-shirt)

Olive oil

Pine cones, Cranberries, Fruit (like lemons, limes, orange, coffee beans, vanilla beans, etc.)

Tools:

Scissors

Cordless Drill with 3/8 Drill Bit (or large screw driver and hammer)

Block of Scrap Wood

Drill hole in lid, add wick. Add mix ingredients to mason jar.



Ideas2live4.com

Winter Diffuser Blends

Hibernate

2-3 drops Lemon

2-3 drops Peppermint

2-3 drops Lavender

Candy Cane

4 drops Stress Away

2 drops Peppermint

Cider

3 drops Orange

2-3 drops Nutmeg

1 drop Cinnamon

or Clove (optional)

Gingerbread

4 drops Ginger

2 drops Clove

1 drop Cinnamon

Tree Farm

3 drops Blue Spruce

2-3 drops Pine

2 drops Cedarwood

Winter Cheer

4 drops Christmas Spirit

1 drop Orange

or Lemon

Three Wise Men

3 drops Frankincense

3 drops Myrrh

3 drops Orange

Odds & Evens



Chicken and Broccoli Rice Casserole Supreme

Serving Size: 1/16 Casserole

Servings Per Container: 6

What to do:

What you need:

Utensils:

Cutting board & knife

Large skillet

Mixing spoon

Can opener

1. wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Prepare chicken. Prepare rice according to package directions.
4. In a large skillet, thoroughly coat with non-stick spray and cook onion on medium heat for 2-3 minutes.
5. Add chicken, rice, soup, and broccoli to skillet. Mix thoroughly and heat on high for 5 minutes.
6. Sprinkle cheese on top and serve immediately.

Ingredients:

2 cups cooked chicken, diced

1 1/2 cups rice, cooked (brown rice optional)

1 onion, chopped

1 10.75 ounce can low sodium cream of mushroom soup

1 10 ounce package frozen broccoli

1 cup reduced-fat-cheese, shredded

Non-stick cooking spray

Salt and pepper to taste

Prep Time: 15 minutes

Cook Time 10 minutes

Cost per serving: \$0.59

Nutrition Facts: Amount per serving. Calories 230. Total Fat 9g. Saturated Fat 4g. Trans Fat 0g. Cholesterol 50mg. Sodium 210mg. Total Carbohydrate 18g. Dietary Fiber 3g. Sugars 2g. Protein 21g. Vitamin A 15%. Vitamin C 45%. Calcium 30%. Iron 8%.