

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

Office 409-882-7010



County Judge
Brint Carlton
Commissioner Precinct 1
David L. Dubose
Commissioner Precinct 2
Barry Burton
Commissioner Precinct 3
John W. Banken
Commissioner Precinct 4
Jody E. Crump



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

ORANGE COUNTY AGRI LIFE NEWSLETTER

JANUARY 2016

Open to All Counties

Attention All Livestock

Exhibitors, CEA's, Ag Teachers,

Volunteers and Leaders

Youth & Adult Tracks

ORANGE COUNTY LIVESTOCK CLINIC

January 29th & 30th, 2016

See page 15



PAGES 6-10



February 2—March 1st

Classes will be held on Tuesdays

10 am to 12 noon

Free to all participants

Will be held at the Orange Senior Center

5th Street in Orange

(Across from Farmer's Mercantile)

**Learn to control your Type 2 diabetes with
portion control, learning to read labels,
exercise and maintaining good health.**



Kick Start the NEW YEAR

Begin the New Year with a fresh start! Instead of making one New Year's resolution to "eat healthy and loose weight" try making a new resolution each month. This will improve the chances of keeping your resolution and creating healthy habits for an overall healthier you!



January

Jump start the new year with a workout plan. Begin with 30 minutes of physical activity per day and gradually increase intensity and time based on your goals.



February

It's national heart month! Uncontrolled blood pressure is the leading cause of heart disease and stroke. Celebrate this month by limiting your intake of sodium. Choose "low salt" or "no salt added" foods.



March

It's National Nutrition Month! Try choosing vegetables and fruits over cakes, cookies, and other sugary food items.



April

This month try adding more fiber into your diet by choosing "whole grain" products.



May

This month try to eat out less and cook more meals at home. Make a goal and stick to it. Your body and your wallet will thank you! Visit www.whatscooking.fns.usda.org for some new, healthy, and simple recipes.

June

Celebrate Fruit and Vegetable month by filling up half of your plate with fruits and vegetables.



July

Eat less saturated fat, cholesterol, and trans fat. Instead substitute with healthy fats, such as canola oil, avocados, and nuts.



August

Pack a healthy balanced lunch for work this month. This will help you plan healthy meals ahead of time and avoid eating out. For tips visit www.choosemyplate.gov



September

Research has shown that those who consume dairy tend to weigh less. Try adding a low-fat glass of milk or low-fat yogurt to a meal.



October

Eat leaner meats. To trim down you and your plate try substituting red meat for poultry, fish, or turkey.



November

The holidays are upon us! Begin practicing low-fat cooking techniques. Modify your favorite holiday recipe to reduce fat and calorie content.



December

Try to maintain your weight this holiday season by practicing all the new healthy habits you have learned throughout the year.

Source: www.choosemyplate.gov
Prepared by: Monica Rios Lamar Dietetic Intern

Texas A&M AgriLife Extension Orange County 2015 Volunteer Appreciation Dinner

Texas A&M AgriLife Extension Orange County recognized their 2015 volunteers at the volunteer appreciation dinner (December 1, 2015) at the convention and expo center in Orange. Volunteers represented the 3 extension program areas (4-H & Youth Development, Family and Consumer Sciences and Agriculture and Natural Resources). The purpose of the evening was to appreciate the volunteers efforts throughout the year.



Left to Right: Ashlee Krebs, CEA-Agriculture, Patty Walker, Sabrina Gray, Sharon Odegar, Sheri Bethard, Phillip LeDoux, Sheri Jones, Sheri Birkhold, Tommy Byers, John & Andrea Bilbo, Fallon Foster, CEA-Family & Consumer and Christina Ritter-CEA-4-H/Youth Development

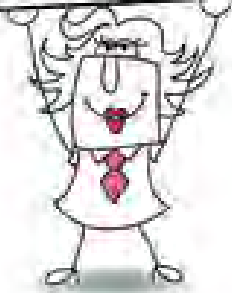


Left to Right: Ashlee Krebs, CEA-Agriculture, Linda Tinsley, Gwen Borel, Commissioner John Banken, Jodie Davis, Marilyn Dartez, Linda Spurlock, Betty Bibbo, Becky Hutchison, Becky Webb, Brenda Davis, Mary Burks, Claire Smith, Cary & Kathy Hester, Devin Michael. Ernest Alphine, Les Daigle, Pam Honeycutt, Fallon Foster, CEA-Family & Consumer Science and Christina Ritter, CEA-4-H/Youth Development.



Ashlee Krebs, CEA-Agriculture, William Ramos, Vanessa Davis, Austin Rollins, Travis Rollins, Sierra Hutchison, Triston Jones, Fallon Foster, CEA-Family & Consumer Science and Christina Ritter, CEA-4-H & Youth Development

INCENTIVES To Good Health



Check out these websites to help in achieving weightless goals and eating healthier



<https://www.loseit.com/>

<https://www.myfitnesspal.com/>

<https://www.supertracker.usda.gov/>

[GoMeals](#)

Informational

<http://www.calorieking.com/products/books/>

<http://nihseniorhealth.gov/index.html#skip>

<http://www.nutrition411.com/>

<http://www.superkidsnutrition.com/>

<http://www.choosemyplate.gov>

<http://www.diabetes.org/mfa-recipes/>

<http://www.davita.com/mydavita>

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/SimpleCookingwithHeart/Simple-Cooking-with-Heart-Home-Page_UCM_430043_SubHomePage.jsp

<http://recipes.millionhearts.hhs.gov/>

<http://health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html>

Get a challenge going with friends, family and co-workers. Have a incentive for the one who loses the highest body fat percentage at the end of the challenge.

Our office participated in a weight loss challenge and used the free website <http://thintopia.com> to set up our challenge. We were able to track our weight loss and progress to everyone else in our challenge.

WEIGHT LOSS CHALLENGE

Table Manners & Etiquette for Youth



Martin Luther King Day
Monday, January 18, 2016

Darkness
CANNOT DRIVE OUT DARKNESS
ONLY LIGHT CAN DO THAT.
HATE CANNOT DRIVE OUT HATE
ONLY *Love* CAN DO THAT.
-MARTIN LUTHER KING JR.



Texas A&M AgriLife Extension Office Orange County will be closed this day.

Orange County Livestock Show Association SPRING BASH

Saturday, February 27, 2016

OCLSA Show Barn

Arnel Road in Mauriceville

Showmanship
60/40 Split
\$5 entry paid
at gate



Each Overall
Reserve Champion
Large Rosette
&
\$50

Show Order Swine, Lambs,
Goats, Steers, and Heifers

Check In 7 am–8:30 am
Swine, Lamb and Goat
Show Time 9 am

Check In 10 am–11:30 am
Steer and Heifers
Show Time 12:30

Steer and Heifer Classes Rosettes
for Breed Champions American,
English and Exotic

Class 1	0-6 months
Class 2	7-12 months
Class 3	13-18 months
Class 4	19-24 months
Class 5	24 months & up

Swine, Lambs, & Goats shown by weight
Steers shown by Breed & Weight
Heifers shown by breed and age

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: Tommy Harrington 409-504-5210 or

Jennifer McConnell 409-746-9727

4-H Youth
Photography Workshop
Thursday, January 14, 2016
6pm at the 4-H Office
Guest Speaker: Randy Strong
Strong Shots Photography



It's time to get
ready for the 4-H
Photography Contest



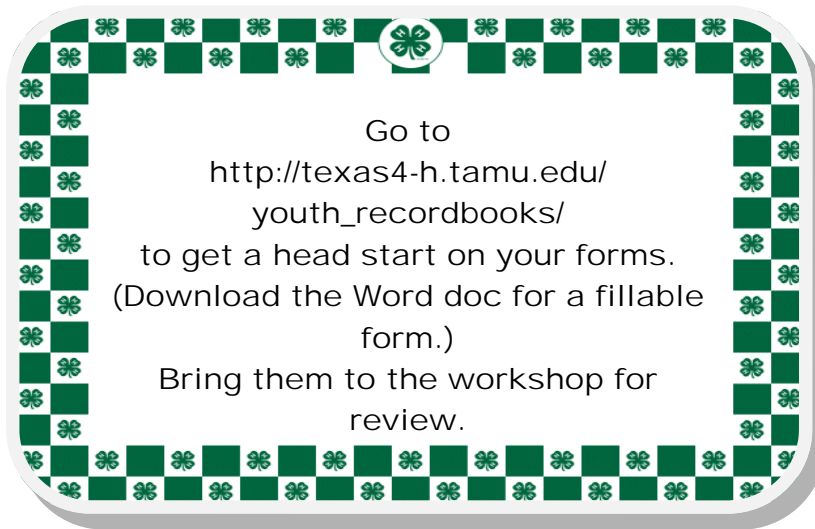
MEETING
NOTICE!

Club Managers Meeting
January 14, 2016
6 pm @ 4-H Office
Dinner Provided

4-H Record Book
Workshop
January 7, 2016
6 pm
4-H Office

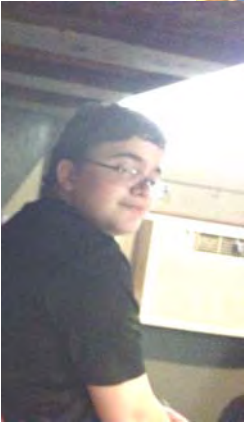
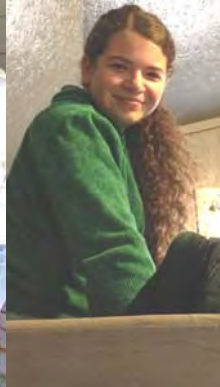


Come learn how to create and maintain a record book. This is a great project to keep track of your accomplishments throughout your years in 4-H.



4-H County Council Retreat

Nibblets Bluff



January Club Meetings

Dusty Trails 4-H January 11th , 7 pm, 4-H Office



Mighty Pirates 4-H January 12th , 7 pm,
Vidor Community Center

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

Boots and Bridles 4-H
January 18th, 6 pm, 4-H Office

All HEARTS 4-H (Homeschool)
January 21st , 1 pm, Claiborne Park



**THOMAS
SHIPLEY**



THOMAS SHIPLEY IS A MEMBER OF ORANGE COUNTY 4-H CLAY BUSTERS SHOOTING SPORTS. HE HAS BEEN SELECTED TO BE A 2015-2016 TEXAS 4-H SHOOTING SPORTS AMBASSADOR. HE WILL BE REPRESENTING TEXAS 4-H AND THE 4-H SHOOTING SPORTS PROJECT IN OUR COUNTY, DISTRICT AND STATE.



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

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



Tuesday, January 26, 2016

6 pm

4-H Office



Orange County 4-H Adult Leaders Association Meeting

January 4, 2016!!

7pm @ 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 and adults

- End of the year awards banquet (Sept)
- 4-H County Contests
- Workshops
- Fundraisers
- Adult & youth training



Orange County 4-H Council Meeting

January 4, 2016!!

7pm @ 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!!!!!!





We would love for you to be a part of OCLSA

We meet the 1st Monday of each month

7 pm

OCLSA Barn

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.

Livestock Updates and Dates to Remember

- January 6—Roaster Pickup at YMBL 4pm to 6 pm.
- January 29-30—Orange County Livestock Clinic at the Mauriceville Show Barn. (Youth and Adult tracks, see flyer on page 14)
- February 2—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
- February 27—Orange County Livestock Association Spring Bash—see flyer on page 5
- March 25-April 3— South Texas State Fair

2016 Beekeeping Course



Informational Meeting
January 16, 2016 @ 9:00 am
Texas A&M AgriLife Extension Office
11475 FM 1442, Orange



Starts February 11th @ 6:00 pm!

Contact the Extension Office at 409-882-7010 to get on the list.

JANUARY

WHAT'S IN SEASON?

**BEETS****BRUSSELS
SPROUTS****CABBAGE****CITRUS FRUIT****KALE****LEEKS****PARSNIP****POMEGRANATE****POTATO****SWEET POTATO****TURNIP****WINTER
SQUASH**

Overnight Vinegar Cole Slaw

For the salad

- 1 bag shredded coleslaw mix
- 1 large green bell pepper, chopped
- 1 large onion, chopped

For the Dressing

- 1 cup sugar
- 1/2 cup white vinegar
- 1/2 cup vegetable oil
- 1 tsp. dry mustard
- 1 tsp. salt
- 2 tsp. celery seeds

Combine slaw mix, bell pepper, onion and sugar in bowl.

In saucepan stir together vinegar, oil, dry mustard, salt and celery seeds. Bring to a boil, remove from heat and pour over other ingredients. Mix well.

Place in refrigerator, stirring occasionally for 12 to 14 hours.



FIND RECIPES & PREPARATION TIPS AT
COOKIEANDKATE.COM

Orange County Master Gardeners

*Public is Welcomed
at our Monthly Meeting*



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

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

extension@co.orange.tx.us

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



**Congratulations
2015 Master Gardeners
Graduating Class**



The New Year is upon us, which means it is time to get serious about saving money! If you want to save more money in the New Year, get started by taking a look at what to buy in January. When you know what to expect on sale in January, you can best plan your shopping and make sure you stock up on the hot items while you can. Here is what to buy in January, and get the most bang for your shopping buck.

What to Buy in January

The New Year brings with it resolutions of healthy eating. You can expect to find lower prices on **diet and health foods** this month, helping you reach your weight loss goals for less. Expect to find rock bottom prices on:

1. Lean Cuisine frozen meals
2. Special K snacks and dry goods
3. Healthy whole grain cereals
4. 100 Calorie Snacks
5. Meal shakes
6. Diet supplements, vitamins
7. Granola bars, granola hot breakfasts
8. Healthy living books, cookbooks
9. Weights and exercise products
10. Gym memberships



Just because it is winter, doesn't mean there isn't still plenty of **fresh produce** to enjoy. Here are the produce items you can find in January at their lowest price of the year. Don't forget to freeze, can, or dry what you can't use right away.

24. Oranges
25. Various pear varieties
26. Citrus fruits
27. Broccoli
28. Carrots
29. Celery
30. Kale
31. Spinach



Did you know that most people like to start the New Year organized? Lucky for them, and you, **organizational materials** are on sale during the month of January. Expect to find:



11. Label makers
12. Plastic totes and tubs
13. Paper labels
14. File folders
15. File cabinets



32. Vitamins
33. Cough Drops
34. Cold syrups
35. Allergy medicines
36. Throats drops and pain sprays
37. Tissues
39. Hand sanitizer
40. Pain medications

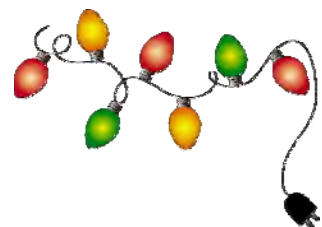
The Super Bowl makes its entrance in January. Enjoy all of your favorite **game day snacks** for less. Here are some of the tasty treats you can enjoy in January:

16. Deli trays
17. Soda
18. Chips and dips
19. Crackers
20. Cheese dips and products
21. Wings, fresh and frozen
22. Lunch meat
23. Game day décor



Now, let's talk the holidays. You can still find **Christmas items** on clearance this month, as well as great prices on **New Year's eve supplies**. Look to find:

41. Artificial trees
42. Ornaments
43. Yard inflatables
44. Stocking stuffers
45. Gift wrap
46. Noise makers
47. Costume hats
48. Confetti and decor
49. Wine
50. Sparkling cider



There you have it! Keep this list in mind when planning your January shopping strategy and see how much you can save. There is lots to enjoy at low prices in January, so start the year off right by shopping smart!

Open to All Counties

Youth & Adult Tracks



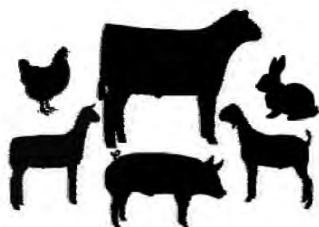
**Attention All Livestock
Exhibitors, CEA's, Ag Teachers,
Volunteers and Leaders**

**Meal provided Friday night for
all participants**

ORANGE COUNTY LIVESTOCK CLINIC

**January 29th 6pm-8pm
Orange County Convention
& Expo Center
11475 FM 1442 Orange**

**January 30th
Orange County Livestock Barn
Arnell Road, Mauriceville
Youth Registration 8am-9am
Clinic 9am
Adult Registration 8am-8:30am
Clinic 8:30am**



**TEXAS A&M
AGRI LIFE
EXTENSION**



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

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

Cost? \$10 registration fee for all youth
\$20 Adult participants. No charge for
children under 7 years old.

Why? To increase youth and adult
knowledge and abilities in grooming, caring,
feeding and showing, beef cattle, chickens,
rabbits, goats, lambs and swine. Please, do
not bring your animals.

Saturday, Bring your folding chairs—seating
is limited. Concessions will be available.

Early Bird* Registration Deadline?
January 15th.
**Call 882-7010 or stop by the Orange
County Extension Office.**

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

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



Cowboy Salad



2 cans (15 ounces) black-eyed peas or black beans (drained)
1 can (15 ounces) corn (drained)
1 cup cilantro
5 green onions
3 medium tomatoes
1 avocado
1 tablespoon oil (canola or vegetable)
2 tablespoons vinegar or lime juice
1/2 teaspoon salt
1/2 teaspoon pepper

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Finely chop the cilantro and green onions.
3. Dice the tomatoes and avocados.
4. Combine all ingredients in a large bowl.
5. Mix oil, vinegar or lime juice, salt and pepper together in a small bowl.
6. Pour oil mixture over salad ingredients and toss lightly.
7. Refrigerate leftovers within 2 hours.

Try adding other vegetables such as sweet or hot peppers or zucchini. Freeze extra lime juice to use later

Nutritional Information per Serving: Total Calories 160, Total Fat 6 grams, Protein 6 grams, Carbohydrates 22 grams, Dietary Fiber 8 grams, Saturated Fat 0 grams, Sodium 610 milligrams.

Recipe adapted from : Food Hero, Oregon State University

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.