

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



Find us on
Facebook

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

ORANGE COUNTY AGRI LIFE NEWSLETTER

MARCH 2016

AgriLife Extension Office will be closed

March 4th—Texas Independence Day

March 25th—Good Friday



Time Change
March 13



Happy St. Patrick's Day

March 14th
through
March 18th



WHAT A TIME TO BE ALIVE!

SPRING INTO HEART HEALTH WITH 3 EASY STEPS



PREVENTION

Learn the simple tips to achieve heart health that
you ***DON'T*** know



PUMPING

Get your heart PUMPING with a

FREE Workout

Instructed by a CERTIFIED Personal Trainer



PREPPING

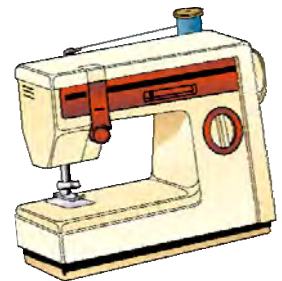
FREE Cooking Demonstration

Snacking: Tasty, Healthy, and Quick!

Tuesday April 5th 6 pm to 8 pm

Texas A&M AgriLife Extension Office Orange County

Sewing For Adult Beginners



Be sure to bring
a basic sewing kit and
if you have a sewing
machine, bring it.



Come join us
in learning the basics of using
a sewing machine, hand
sewing and pattern cutting
on

Saturday, April 16th & 23rd
10 am to 2 pm

Texas A&M AgriLife Extension
11475 FM 1442 Orange

Our 2 day class is open to men and women



TEACH
encourage
instruct
MENTOR
PRAISE
influence
GUIDE
inspire

SAVE THE DATE

Inclusive Child Care

Child Care Conference

Announcing the Multi-county Child Care Collaborative's annual spring provider training at the Lamar Institute of Technology Multi-purpose Building. Registration information will be sent the first week in March.

APRIL 9, 2016

7 Clock hours; CEUs available*****Fee: \$25(includes lunch)

For more information contact: Alexis Cordova: ancordova@ag.tamu.edu
(936)334-3230



Multi-County Child Care Collaborative

A group of professionals that represent agencies & institutions compassionate about quality child care.



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

47th Annual Senior Citizens Rally Day

*Salute
To Good Health!*



Tuesday, May 10, 2016

Orange County Convention & Expo Center

11475 FM 1442 Orange



Days Events Include

Health Fair

Bingo

Door Prizes

Guest Speaker

Entertainment

Free Lunch

*Lions Eye Bank of Texas will be accepting
donations of eye glasses.*



*Doors will not open until
9 am
and the event will
last till
1 pm*

Will be having a Brown Bag Pharmacy Booth.

*Bring your prescriptions/medicine to
review with the pharmacist.*



**TEXAS A&M
AGRI LIFE
EXTENSION**

*If you would like to be a Vendor at the
Senior Citizens Rally Day contact the
AgriLife Extension office 882-7010.*



National Nutrition Month

Savor the Flavor of Eating Right

March is National Nutrition Month, and the theme for this year is "Savor the Flavor of Eating Right." Healthy eating is all about listening to your body. Food not only nourishes us and provides us with fuel but is also a source of pleasure, enjoyment, and celebration of culture.

The Academy of Nutrition and

Dietetics encourages you to **enjoy food traditions and family meals**. Research shows eating family meals promotes healthier eating as well as stronger family relationships.

Slow down and appreciate food's pleasures and flavors. Instead of eating at your computer or in front of the TV, turn eating into an experience that allows you to enjoy food's different flavors and textures.

sa·vor/'sāvər/ *verb*

1. taste (good food or drink) and enjoy it completely.

**fla·vor**/'flāvər/ *noun*

1. the distinctive taste of a food or drink.
"the yogurt comes in eight fruit flavors"



Eat mindfully. "How, when, why and where you eat are just as important as what you eat. Being a mindful eater can help you reset both your body and your mind and lead to an overall healthier lifestyle." - Academy of Nutrition and Dietetics

Meet with a Registered Dietitian. Dietitians can help guide you in making informed food choices based on your individual health needs.



Orange County 4-H Photography Contest

Hey 4-H Members 8—18 years of age....

Have a passion for photography!

Then why not enter the Orange County 4-H Photography contest?

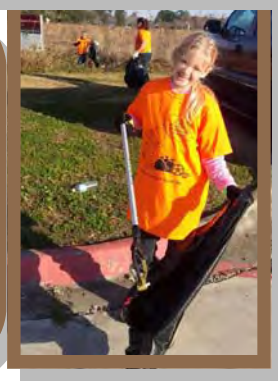
Photo's must be submitted to the Orange 4-H office by Monday, March 14th.

All photographs must have been taken by 4-H members between the dates of January 1, 2015 and the time of entry. Photos must be 8x19, placed on a foam board with the information label placed on the back side.

There are 15 categories to choose from or you can entry one photo per category. Cost is \$5 fee per photo to entry.

Visit: orange.agrilife.org for the guidelines and rules.

All HEARTS Homeschool 4-H Club Participating in the 21st Annual Community Trash-Off



Big Time in D9
April 29th & 30th
Lone Star College
Montgomery Campus, Conroe



Open to 4-H members
ages 8 to 18

Orange County 4-H Entry Deadline April 7th on 4-H Connect

Contact, Christina Ritter, 4-H Agent by MARCH 15th if you are interested in competing.

Categories to Choose From

4-H Pit Master

4-H SET

Ag Products ID

Consumer Decision Making

Duds to Dazzle

Ed Presentation/Public Speaking

Fashion Show

Fashion Story Board

Food Challenge

Food Show

Healthy Lifestyles

Leaders 4 Life

Photography

Photography Judging Contest

Pinewood Derby

Produce Judging

Quiz Bowls

Robotics Challenge

Share the Fun

Wildlife Challenge

For more information on each contest go to D94-h.tamu.edu



Dusty Trails 4-H Participating in the
21st Annual
Community Trash-Off



March 4-H Meetings



Adult Leaders Association & County 4-H Council

March 7th @ 7 pm

4-H Office

ALL Adults & 4-H Members Welcomed

Mighty Pirates 4-H

March 8th, @ 7 pm,

Raymond Gould Community Center Vidor

Dusty Trails 4-H

March 14th @ 7 pm

4-H Office

All HEARTS 4-H (Homeschool)

March 17th @ 1 pm

Claiborne Park

Clay Busters 4-H Shooting Sports

Each Tuesday @ 6 pm

Orange Gun Club

Boots and Bridles 4-H Horse Club

March 21st @ 6 pm

T2 Arena



Monthly Project

Meetings



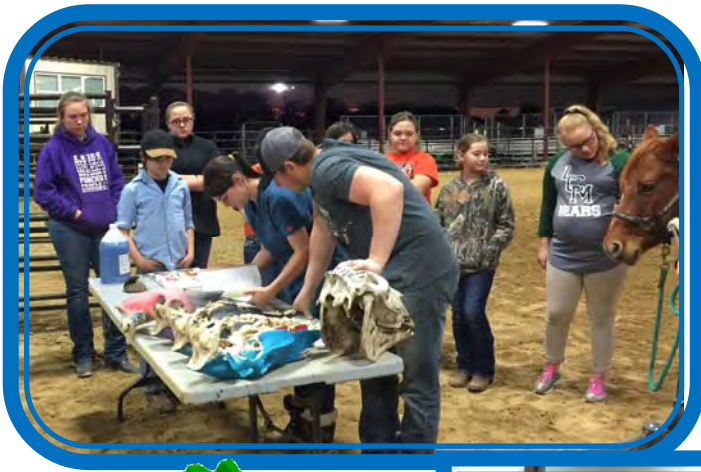
4-H Horse
Judging Practice
Wednesdays
5:30 @ 4-H Office

4-H Sewing
Workshop
March 22nd
6 pm @ 4-H Office



March 24th
6 pm @ 4-H Office
*Notice date change
for this month only.*

**Must RSVP by
Noon day of, 882-7010
for Workshops, Practices
Adult Leaders &
County Council Meetings**



Boots & Bridle 4-H
Horse Club
Enjoyed the Dental
Presentation
By
Mica Broussard
equine dentist



George Dearborn
Mighty Pirates 4-H
4th Place with Heifer
Ft. Worth Livestock Show



Mighty Pirates 4-H
Brought Goodies and Gifts to the Nursing Home for
Christmas



Important Livestock Dates to remember !!!!

March 1st—May 1st—Horse Validation—on 4-H Connect

Get With Your Club Manager the 1st Week of April to Order Tags & Validation dates

Dallas State Fair— Lamb, Goat and Swine tag orders
Validation will be in June



Majors Steer & Heifer Tag Orders—Houston Livestock Show, Ft. Worth Stock Show, San Antonio Stock Show and Dallas State Fair
Heifers & Steers will be validated in June

Get With Your Club Manager BEFORE July
Steer tag orders for South Texas State Fair—Beaumont

Tag fees need to be paid to your club manager.

Orange County Livestock Show October 7-8, 2016



Tag in for Orange County Livestock Show will be held the first part of July (lambs, goats, swine and poultry). Must attend tag in to place poultry order



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.

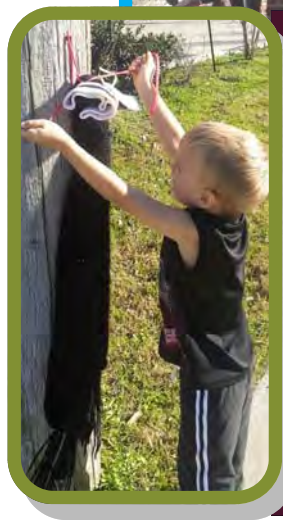
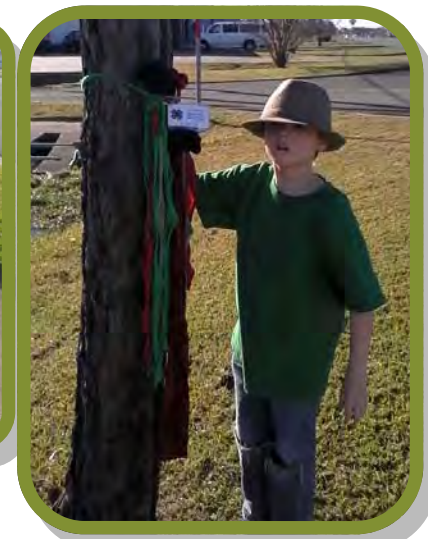
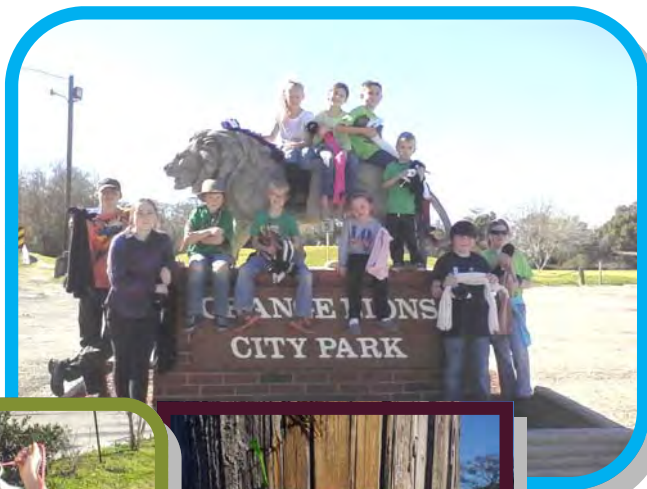


Orange & Liberty County Livestock Clinic 2016



Boots & Bridle Horse Club Bake Sale & Silent Auction



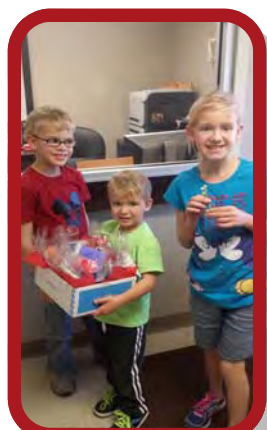


Leaving scarves and gloves around Orange for those in need.

Thoughtful

**All HEARTS
Homeschool
4-H Club**

Delivering Valentine Goodies to the Law Enforcement Officers of Orange



Fallon Foster, County Extension Agent for Family & Consumer Sciences
will be offering free health educational session on



Classes for Adults
with Type II Diabetes

April 20th
April 27th
May 4th
May 11th

2 pm to 4 pm

Wednesdays for 4 weeks

It is important to attend all 4 classes
to receive the full educational benefit.

at the
Raymond Gould
Community Center
385 Claiborne Street Vidor



Learn to **CONTROL** your Type 2 diabetes with the right **PORTIONS**,
reading food **LABELS**, proper **EXERCISE**, cooking right and
maintaining good health.



Please Call to Register
882-7010.





*The Orange County Master Gardeners Association
Presents its*



Third Annual Bloomin' Crazy Plant Fair

Saturday, March 19, 2016 8AM - 1PM

8235 FM 1442, Jewel Cormier Park, Orangefield, Texas
(Exit 869 S off IH10)

Our Annual Event celebrates the sales of Texas Superstars, natives, perennials, annuals, trees, citrus, cold-hardy avocados, thorn-less blackberries, blueberries, Cherry of the Rio Grande, vegetables, house plants and many unique and hard to find plants.

Specialty booths will be on premise selling garden and plant related items. Our Ask the Master Gardener Specialist will be available to answer any horticulture questions you might have.

Sign up for our next Master Gardener class, which will be starting in June. To be added to our list to be contacted - call 409 882-7010

Check our website www.txmga.org/orange for more information.

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



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

New Landowner Series

\$100 for all classes (February—July) Or \$25 per class

March 8th—Rural Laws & Codes, 11:30 am-2 pm (Lunch Provided)

April 19th—Rainwater Harvesting, 6pm-8pm

April—21st Cattle Health 6pm-8pm

May 17th—Horticulture Production, 6pm-8pm

July-TBA

August 5-9 Beef Short Course

October—TBA-Beef Symposium

This course will teach you the beginning basics. If interested call 882-7010.



JEFFERSON COUNTY MASTER GARDENERS
JUST FOR YOU WE'RE HAVING TWO

Vegetable and Herb Sale

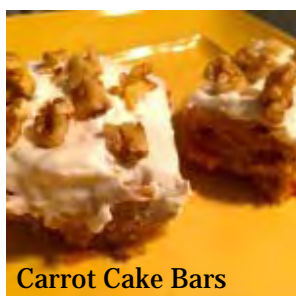
Saturday, March 5
9 am – 1 pm

Master Gardeners Test Garden
4995 Jerry Ware Drive
at Jack Brooks Regional Airport

Spring Plant Sale and Market Day

Saturday, April 9
9 am – 1 pm

Jack Brooks Regional Airport, Hangar 4



Carrot Cake Bars

3/4 cup all purpose flour
1/4 cup whole wheat flour
1/2 cup sugar
1 1/2 teaspoons pumpkin pie spice
1 teaspoon baking powder
1/8 teaspoon salt
1 cup carrot , shredded
3/4 walnuts , chopped
1/3 cup refrigerated egg product (or 3 egg white)
1/4 cup canola oil
1/4 cup fat-free milk

Fluffy Cream Chees Frosting

1/2 cup frozen light whipped topping (thawed)
4 oz reduced fat cream cheese (softened)
1/2 cup low fat vanilla yogurt

Lightened Carrot Cake Bars



1. Preheat oven to 350 degrees F. Line a 9x9 1/2 inch baking pan with foil, extending foil over the edge of the pan. Lightly coat foil with nonstick cooking spray. Set aside.
2. In a medium bowl, combine all purpose flour, whole wheat flour, sugar, pumpkin pie spice, baking powder, and salt.
3. Add shredded carrot, 1/2 cup of the nuts, the eggs, oil and milk.
4. Stir just until combined. Spread mixture evenly in the prepared pan.
5. Bake for 15 to 18 minutes or until a toothpick inserted near center comes out clean. Cool bars in pan on wire rack.
6. Using the edges of the foil, lift the uncut bars out of the pan.
7. Spread top evenly with Fluffy Cream Cheese Frosting. Sprinkle with the remaining 1/4 cup nuts. Cut into 20 bars.

1. In a medium bowl, beat cream cheese with an electric mixer on medium speed until smooth.
2. Beat in yogurt until smooth. Fold thawed whipped topping into cream cheese mixture.

Nutrition Facts Per Serving: Calories 121, Total Fat 7 g, Cholesterol 5mg, Sodium 64g, Carbohydrates 12g, Protein 3g
20 Servings per recipe

Source: Better Homes and Gardens Diabetic Living Online

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

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Healthy Cookies



3 mashed bananas (ripe)

1/3 cup applesauce

2 cups oats

1/4 cup Almond milk

1/2 raisins or dark
chocolate chips

1 teaspoon vanilla

1 teaspoon cinnamon



Mix together completely. Drop in rounded tablespoons on a parchment covered cookie sheet or lightly greased/spray the cookie sheet. Bake 350 degrees F. for 15 to 20 minutes or until begin to brown.

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.