Orange County AgriLife Newsletter

MAY 2016

TEXAS A&M AGRILIFE EXTENSION

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Family & Consumer Science

Christina Ritter

4-H/Youth Development

Ashlee Krebs

Agriculture/Natural Resources

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Commissioner Precinct 4

Jody E. Crump

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Texas A&M AgriLife

Extension–Orange County

Attention Senior Citizens

Be sure to join us

TUESDAY, May 10th

9 am to 1 pm

For a free fun day at our

47th Annual Senior Citizen

Rally Day

(see page 2 for more details)

47th Annual Senior Citizens Rally Day

Free!!

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

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

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

Will be having a Brown Bag PharmacyBooth. Bring your prescriptions/medicine to review with the pharmacist.

TEXAS A&M AGRILIFE EXTENSION

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

BETTER LIVING for Texans

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

Clover Kids

Youths Ages 5—8

August 8th - August 10th
1 pm to 4 pm
Texas A&M AgriLife Extension
4-H Office
11475 FM 1442 Orange
Registration Fee of $15 per child
due by July 25, 2016

Day Camp Adventures


Gardening


Making Friends


Sewing

Come experience the fun of what 4-H has to offer for the 4-H clover member. FUN, FUN, FUN!


Cooking


Animals

TEXAS A&M AGRILIFE EXTENSION

If you would like to be a part of our exciting camp, call the 4-H office 882-7010.

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The Cooking Camp
Is
Completely Full

FOR THOSE SIGNED UP

The Registration/Release Form along with payment must be returned to the Extension Office by June 3rd.

If payment and forms are not received by this date, your spot will be forfeited to the next person on the waiting list.

100 Ways To Burn 100 Calories

*Minutes Needed to Burn 100 Calories**

30 minutes = Flying a Kite, Playing Catch, Exploring the Zoo

25 minutes = Tossing a Frisbee, Dancing-Slow, Walking to a Friends House (3mp), Paddleboat

22 minutes = Playing Tag with Kids

20 minutes—Coaching Sports, Roller Skating, Kicking a Soccer Ball, Washing the Family Car, Running Through the Sprinkler, Shooting Hoops, Walk Family Dog (3.5 mph), Pushing a Stroller (3.5 mph)

17 minutes = Hop-Scotch, Skateboarding

15 minutes = Ice Skating

14 minutes = Dancing-Fast

13 minutes = Family Bike Ride, Rollerblading, Backpacking

8 minutes = Jumping Rope

*Based on a 150-pound person.

Have you ever wondered how to tell if fruit is ripe? Read on to find out!

Apples: *Hardness is a good indication of crispness. Press your thumb into it; listen for a good solid sound and cracking of the skin. Store fruit in your fridge's crisper.*

Apricots*: Avoid fruit that is very soft, shriveled or with a green shad. You want fruit that yields to gentle pressure with velvety skin and a sweet aroma.*

Avocados*: Avocado is a fruit! It ripens from the bottom upwards so feel around the stem at the top for softness if you want that's ready to eat. Otherwise, they ripen at room temperature at home. Place in a brown paper bag with a banana for fast ripening.*

Bananas: *Avoid buying bananas that are bruised and split. Green fruit is okay as bananas ripen off the plant. Storing bananas in the fridge makes the skin turn black but stops them from ripening. Try freezing bananas when they become too ripe. They make a tasty frozen treat and are great in smoothies.*

Berries*: Berries should be firm, bright and richly colored with no sign of damage or bruising.*

Strawberries *should have a lovely, sweet scent and be free of whiteness; those with no fragrance will be bland. Eat or freeze berries ASAP, because they don't store well.*

Cherries: *Choose large, firm cherries with a rich, red color. Use as soon as possible*

Grapes*: Look for new, fresh stalks; dead stalks mean overripe grapes. Give the bunch a good shake. If too many grapes fall off, they're too mature.*

Lemons/Limes: *Choose lemons and limes that are firm, heavy for their size and fragrant. Avoid any with soft spots. Green lemons will not ripen off the tree.*

Mangoes: *The stronger and sweeter the aroma the better! Watch out for too many black spots. Green mangoes will ripen at room temperature in two to five days.*

Melons (cantaloupe and honeydew): *Smell is the best indicator of flavor and ripeness. Also, shake the fruit. If it rattles, it's mushy inside. Soft and sunken spots are a sign of spoiling.*

Nectarines: *They should be smooth, bright, shiny and unblemished. The flesh near the stem should yield slightly when ripe. Will ripen at room temperature out of direct sunlight.*

Oranges: *Pick them up in the palm of your hand. They should be firm and heavy. Don't choose oranges with brown or black blemished on the skin.*

Passion fruit: *Wrinkly fruit is good! It indicates ripeness and sweetness (smooth and shiny is unripe). Make sure the fruit is heavy and full.*

Papaya: *When ripe, it will yield at the stem a little more than a ripe avocado. Avoid fruit with too many black spots and bruising. Eat as soon as ripe.*

Peaches: *When ripe, the flesh should be firm buy yield to gentle pressure. You're after a rich yellow color at the stem end and a distinct peachy aroma. Those that are bruised or green (under ripe) should be avoided.*

TEXAS A&M AGRILIFE EXTENSION

Dinner Tonight!

Crunchy Chicken Salad

Servings: 5
Serving Cost: $0.73

Ingredients:
- 2 cups cooked chicken (chunked)
- 1/2 cup celery
- 1/4 cup green pepper
- 1/4 onion
- 1/2 cucumber
- 1/2 cup grapes
- 1 apple (small, diced, leave the peel on)
- 1/4 cup yogurt, plain

Directions:
1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop 1/4 of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It's okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together.

HEALTHY TIPS:

Serve on lettuce, whole wheat crackers, or whole wheat bread.

Use lite or fat-free yogurt to reduce calories

Nutrition Facts

Serving Size 3/4 cup prepared salad, 1/5 of recipe (156g)
Servings Per Container 5

Amount Per Serving	
Calories 140	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 65mg	3%
Total Carbohydrate 6g	3%
Dietary Fibers 1g	4%
Sugars 6g	
Protein 17g	
Vitamin A 4%	• Vitamin C 15%
Calcium 4%	• Iron 4%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat:	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

May 4-H Meetings

Adult Leaders Association & County 4-H Council
May 2nd @ 7 pm
4-H Office
ALL Adults & 4-H Members Welcomed

Mighty Pirates 4-H
May 10th, @ 7 pm,
Raymond Gould Community Center Vidor

Dusty Trails 4-H
May 9th @ 7 pm
4-H Office

All HEARTS 4-H (Homeschool)
May 19 @ 1 pm
Claiborne Park

Clay Busters 4-H Shooting Sports
Each Tuesday @ 6 pm
Orange Gun Club

Boots and Bridles 4-H Horse Club
May 16th @ 6 pm
T2 Arena

Monthly Project Meetings

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

May 23rd
6 pm @ 4-H Office

4-H Sewing
Workshop
May 24th
6 pm @ 4-H Office

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

Important Livestock Dates to remember !!!!

JUNE

Dallas State Fair— Lamb, Goat and Swine - Validation will be in JUNE

Majors Steer & Heifer will be validated in June

JULY

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

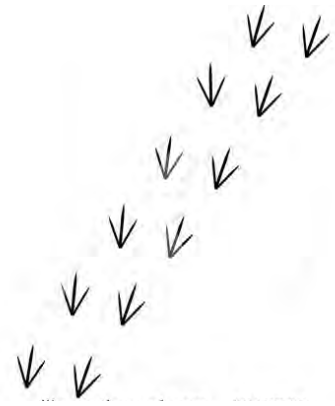
Congratulations Orange County Mighty Pirates 4-H

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.

County Record Book
Due in 4-H Office by
Tuesday, June 7th by 5 pm

4-H Livestock
Swine Project Workshop
Thursday, June 16th
6 pm to 8 pm
4-H Office

4-H Livestock
Lamb & Goat
Project Workshop
Thursday, June 30th
6 pm to 8 pm
4-H Office



4-H Livestock Poultry
Project Workshop
TBA

Orange County 4-H/FFA Members

If you are interested in obtaining your OCLSA tickets for the Custom Process 1/2 of Angus Beef Steer donated by Daigle-Guillory Angus & Nance's Meat Processing before July's tag-in, here is what you must do...

You will need to contact in person a NEW prospective buyer , complete the form on page 11, turn in to the AgriLife office and you will receive your tickets.

Each member is able to receive the max of 200 tickets. These tickets are $5 each and 100% of the proceeds you sell will be given back to you. This is an opportunity for you to earn $1,000 towards your project.

Tickets will be available OCLSA tag-in in July

ORANGE COUNTY YOUTH LIVESTOCK SHOW ASSOCIATION
2016 New Prospective Buyer Form

Name of business or Potential Buyer: _____

Address: _____

_____

Phone number: _____ Email: _____

Contact person: _____

Brief description of business:

_____

_____

_____

_____

_____

_____

_____

_____

Did you give Prospective Buyer a OCLSA pamphlet? _____

Did you tell them about your livestock project for this year? _____

Did you tell them about the Prospect Show in February? _____

Did you tell them about our Fall show in October?_____ Where the show barn is located in Mauriceville _____

Did you tell them about the Buyers' Dinner and invite them to be a Buyer? _____

Did you give them a phone number or way to contact you if they have any questions? _____

Your name: _____ Parent/Guardian:_____

Club affiliation: _____ Livestock project: _____

Address: _____

Phone number: _____ Email: _____

If you visit a business or potential buyer and complete this form you will be able to receive your tickets for the beef drawing early to allow you more time to sell them and make the most money possible for your project. Turn this form into your club leader or drop it off at the Agri-Life Extension Office on FM 1442.

Canning
Sweet Cucumber Pickles
(about 4 or 5 pint jars)

3 pounds cucumbers, medium –sized
1 quart vinegar (5%)
2 teaspoons canning salt
5 cups sugar

Wash cucumbers. Slice 1/16-inch off blossom ends and discard. Cut into 3/16-inch rings. Pour boiling water over the cucumbers and let stand 5 to 10 minutes. Drain off the hot water and pour cold water over the cucumbers. Use running water or change water until cucumbers are cooled. Mix vinegar, salt and sugar. Bring to boil; place cucumbers into boiling liquid. Return to a boil. Pack hot pickles into hot canning jars, leaving 1/2-inch headspace. Fill jars to 1/2 inch from top with boiling liquid. Remove air bubbles. Wipe jar rims. Adjust lids. Process 1– minutes in a boiling water bath.

So Easy to Preserve

Fabulous Fruit Muffins

1 1/4 cups flour

1/4 cup sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

3/4 cup low-fat buttermilk

2 tablespoons margarine, melted

1 egg, slightly beaten

1/2 teaspoon vanilla extract

1 cup frozen strawberries, coarsely chopped

Nonstick cooking spray

1. Wash your hands and work area.
2. Heat oven to 400 degrees. Spray muffin tin with nonstick cooking spray.
3. In a large bowl, combine the flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended. In another bowl, combine buttermilk, margarine, egg, and vanilla. Pour this mixture into the dry ingredients (made in step #3).
4. Using a large spoon, gently stir ingredients just until moist (do not over-mix). Add fruit and stir gently (do not over-mix)
5. Spoon batter evenly into 9 muffin cups.
6. Bake 20 to 25 minutes or until golden brown.
7. Serve hot or cold. Muffins may be frozen for later us.

Total calories, 130 calories; Total fat, 2.5 grams, Protein, 3 grams, Carbohydrates, 22 grams; Dietary Fiber, 1 gram; Saturated Fat, 1 gram; Sodium, 105 milligrams

Everyday Cooking with Herbs

Figuring how to use fresh herbs is as easy as a trip to your pantry or spice rack. Generally, if a recipe calls for one teaspoon dried, crumbled herb, use 2-3 teaspoons fresh chopped herb.

Here are some suggestions for using herbs

***Chives*—**mild flavored member of the onion family. Sprinkle chopped leaves over salad or vegetables; mix with sour cream or butter for potatoes, toss into soups.
***Dill*—**an outstanding addition to cucumbers, potato salads, seafood (especially salmon) eggs and cream cheese.
***Oregano*—**instills a spicy flavor to Italian dishes such as spaghetti, pizza and lasagna and also Greek food.
***Rosemary*—**the perfect seasoning for chicken, veal and lamb, especially wild game. Wonderful with roasted new potatoes with coarse salt seasoning. Excellent in breads, vinegar, butters and teas.
Lemon Verbena - excellent for flavoring fish and meats
Thyme—a nearly universal seasoning, great with read meat, fish and poultry. Try with vegetables including eggplant, carrots, tomatoes; those who enjoy added zing to their beverages would enjoy it in tomato juice.
Mint - many varieties to add depth to teas, punches and sauces.
Lemon Balm—mild lemon flavor perfect for cool lemony drink, fruit salads and custards.
***Pineapple sage*—**imparts a wonderfully fragrant pineapple scent and flavor to drinks, fruits salads and cream cheese sandwiches.
Winter Savory - the bean herb it gives green beans an excellent flavor.
***Salad Burnet*—**a wonderfully delicate cucumber flavor in a very attractive hearty plant Toss into salads; a real find for those who love the taste of cucumber, but find it somewhat difficult to digest.
Bay Leaves - used to flavor, soups, gumbos, stews, sauces, vegetables and even teas. Bay is actually evergreen and will make it through all but or harshest winters if planted in protected area.

STORING HERBS

Refrigerate—stick stems of fresh herb bunches in water; cover with a plastic bag, and refrigerate.
Freeze—place fresh herbs in tightly sealed plastic bags and freeze. The color may fade but the flavor remains. You can also mince into ice cube trays and add water to freeze in cubes.
Dry—clean and pat dry fresh basil leaves, then layer with coarse (kosher) salt in a wide-mouth glass jar.
Microwave—place a layer of leaves on paper towels in the microwave. Then place another paper towel on top and microwave on high heat for 1 or 2 minutes. Strip the leaves off the stems and place them in a clean jar with a tight-fitting lid. Store the jar in your spice rack away from light.

Interested in becoming a Master Gardener?

Here's your chance!

Orange County Master Gardener Training begins Thursday, June 2

Classes Will Be Held Each Thursday

June 2 – End of August

Some Saturdays will be required

Classes will be held at the

Orange County EXPO Center**

11475 FM 1442, Orangefield

(Exit 869S off IH10)

Fee For The Class is $100

Class speakers will include:
Mike Beard – Creekwood Blueberry Farm
Mark/Mallory Frey – Frey's Landscaping
Debbie McHenry – Cottage Cuttings

For More Information Please Contact:
Sheri Bethard
Vice President – OCMGA
sheribethard@yahoo.com
409 882-7010

**Some exceptions for training courses in nearby locations for hands-on experience.

Have a question, problem or concern about your:

Garden

Flowers

Plants

Lawn

Pond

Trees

Call our Master Gardner Hot-line

409-745-9708

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

Landowner Series

$25 per class

May 17-Horticulture Production, 6pm-8pm

June 25-Rainwater Harvesting, 8:30am, $50/person

July 28-Bees, 6pm-8pm

October: TBA-Beef Symposium

Learn how to maintain a ranch or a farm.

This course will teach you the basics.

Call 409-882-7010 to sign up!

LAWN MAINTENANCE GUIDE

TWO WEEKS AFTER GREEN-UP

Fertilize the lawn with a 3-1-2 or 4-1-2 nutrient ratio such as 15-5-10, 12-4-8, 16-4-8 or similar type. Do not over fertilize.

A soil test may be taken to determine if lime is needed. A general rule is to apply 8 – 10 lbs. of agricultural limestone or dolomite per 100 square feet every 3 – 4 years.

Broadleaf weeds should be sprayed in early spring when tender and actively growing. Wipe-Out, 33-Plus, Super Weed-No-More, Weed-Out or other products containing "trimec" are recommended.

LATE MAY – JULY

If a vigorous, fast-growing lawn is desired, repeat the fertilizer application above or apply 34-0-0 (ammonium nitrate) at a rate of 3 lbs. Per 1000 square feet or 21-0-0 (ammonium sulfate) at a rate of 5 lbs. Per 1000 square feet. Water the lawn thoroughly after fertilizing.

Water the lawn as needed. Thoroughly soak to a depth of 4 – 6 inches to encourage a deep root system. Avoid frequent, shallow watering.

JUNE THROUGH SEPTEMBER

Watch for chinch bug infestation in the sunny parts of your lawn, especially around sidewalks and driveways. If chinch bug damage is observed, treat with Diazinon, Dursban, Aspon or Oftanol according to label directions. A disease called gray leaf spot can be a problem during these months in shaded locations. Daconil (chlorothalonil) is labeled for control of this disease.

JULY

Raise the mowing height to 2 ½ to 3 inches during summer.

JULY 15 - AUGUST 10

If white grubs have been a problem, apply Diazinon, Dursban or Oftanol according to label directions.

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

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ELBOW PASTA SALAD

12 servings /serving size: 1 cup

1 16-ounce package elbow macaroni pasta
3 tablespoons oil (canola, olive, or vegetable)
3 tablespoons lime juice
1/2 cup fat-free or light mayonnaise
1 cup celery , chopped
1 cup bell pepper, chopped
2 cups green onions, chopped
1 4-ounce jar pimentos, diced
1 cup black olives, sliced
1 box or package (10 ounces) frozen peas, thawed

1. Boil elbow pasta according to package directions. Drain
2. Mix elbow pasta, oil, and lime juice in a bowl.
3. Cover bowl and chill in refrigerator overnight or for at least 2 hours.
4. Add mayonnaise, celery, bell pepper, onions, olives, and peas to the chilled elbow pasta mixture. Mix well.
5. If desired, season with onion powder, garlic powder, and pepper.
6. Serve cold and keep refrigerated.

Total Calories, 240; Total Fat, 9 grams; Protein, 7 grams; Carbohydrates, 35 grams; Dietary Fiber, 4 grams; Saturated Fat, 1 gram; Sodium, 200 milligrams

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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.