

# 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 at  
Texas A&M AgriLife  
Extension—Orange County

# Orange County AgriLife Newsletter

October 2016

## Orange County 4-H Annual Pecan Fundraiser 2016

See page 5

**Tired of freezing meat, poultry and game?  
Then join us for a hands on**



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, 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 participation and opportunity throughout Texas A&M systems.



2 pm to 4 pm  
Wednesdays for 4 weeks  
October 26th  
November 2nd  
November 9th  
November 16th



Call the AgriLife Office for location  
882-7010.

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

**Classes for Adults  
with  
Type II Diabetes  
will be held in  
Bridge City**

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

**Food Handlers  
class**

**Must Pre-Register!**

To PRE-REGISTER Call 882-7010

Classes will be held at  
Texas A&M AgriLife Extension Office  
11475 FM 1442 Orange

**Last Class this Year  
November 3rd—6 pm**

\$20 per person paid day of class  
Make check or money order  
payable to  
FPM Account 230202  
No cash accepted

# Certified Food Manager Course

**November 7th & 14th, 2016**

**Registration deadline is**

**October 24th**

Must Pre-Register by going to the website below  
print out the form and mail to the address on the  
form prior to deadline

<http://foodsafety.tamu.edu/>

**2-day Course will be held at  
Texas A&M AgriLife Extension  
11475 FM 1442 Orange**

**Cost  
\$125 per person includes  
handbook, materials and  
national certification exam**

Fallon Foster, CEA, Family & Consumer Science  
will conduct the course and exam. For questions call 409-882-7010



Have a question, problem or concern about your:

Garden  
Flowers  
Plants  
Lawn  
Pond  
Trees  
Insects/bugs



Soil Sample  
Testing

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



## October 2016

### The Field of Plenty

#### Donation Community Garden

The Field of Plenty, 2120 Wickard is located directly behind Orange Christian Services on West Park in Orange. Garden hours through October are Thursday evenings each week between 6:00 p.m. and 8:00 p.m. Due to Daylight Savings time, garden hours for the months of November and December 2016 will be Wednesday mornings between 8:00 – 10:00 a.m.

The Field of Plenty is a donation community garden that grows produce in raised beds. Raised beds provide a garden platform that allows planting when the ground may still be wet from recent rains, allows better weed management and is a no till, no dig method of gardening.

Each bed will host spring and fall plantings. Seeds, fertilizer, and soil amendments will be added throughout the year to renew the soil and to properly nurture each season's planting.

If you would like to sponsor a bed to help build it and then supply the bed with seeds and soil, please contact Orange Christian Services at 409-886-0938 or email [thefieldofplenty@gmail.com](mailto:thefieldofplenty@gmail.com).

Initial sponsorship for the first year will be \$250.00 with an annual renewal fee of \$100.00. A donor name sign will be attached to each sponsored bed.

To date, the garden has provided over 800 pounds of produce to Orange Christian Services. Come and be a part of this exciting project as we try to help feed the hungry in our local community.

For more information on how to volunteer call Orange Christian Services at 409-886-0938





## Do Well, Be Well With Diabetes Class held in Mauriceville



## Vegetable Canning Class



# Orange County 4-H Annual Pecan Fundraiser 2016

## Plain Pecans Choice of Halves or Pieces

1 lb. bag	\$9.75
3 lb. box	\$27.50
5 lb. box	\$45.50



## Peanuts

12 oz Chocolate Peanuts	\$5
12 oz Honey Roasted Peanuts	\$5
1 lb Hot and Spicy Peanuts	\$4

## Specialty Mixes

### **Texas Deluxe Nut Mix \$9**

(Pecans, Cashews, Almonds and Brazil Nuts)

### **Hunter's Mix \$6**

(Cashews, Cocktail Peanuts, Sesame Sticks, Sesame Seeds, Natural Almonds, Fancy Pecan Halves, Peanut Oil and Salt)

### **California Mix \$6**

(Almonds, Walnuts, Dried Apricots, Diced Dates, Banana Chips Seedless Raisins, Coconut Chips, Cashews and Sunflower Seeds)

### **Trash Mix \$4**

(Sesame Sticks, Jumbo Runner Peanuts, Pretzels, Hot and Spicy Peanuts, Peanut Oil and Salt)

### **Fiesta Mix \$4**

(Bar-B-Que Corn Sticks, Taco Sesame Sticks, Nacho Cheese and Hot & Spicy Peanuts)

### **Fruit Mix \$5**

(Dried Apricots, Banana Chips, Diced Pineapple, Diced Papaya & Golden Raisins)

### **Cran-Slam Mix \$7**

(Dried Cranberries, Raw Walnut Pieces, Roasted and Salted Sunflower Seeds, Roasted and Salted Pumpkin Seeds, Diced Pineapple and Black Raisin)

### **Mountain Mix \$5**

(Roasted and Salted Cashews, Roasted and Salted Peanuts, Roasted and Salted Almonds, Raisins and M&M's)

**Pre-Orders deadline to have  
in time for Thanksgiving will be Oct. 14th  
in time for Christmas will be Nov. 10th**

## Specialty Nuts

1 lb Roasted and Salted Cashews	\$9
1 lb Walnuts	\$8.50
1 lb. Roasted and Salted Pistachios	\$8
1 lb. Raw Almonds	\$8
12 oz Chocolate Cover Almonds	\$8



## Frosted or flavored Pecans 12 oz. zipper bag

Chocolate Covered or White Chocolate or Chocolate Toffee Covered	\$8
Praline Frosted or Amaretto Frosted	\$8
Cinnamon Frosted or Honey Toasted Glazed	\$8
Sugar Free Chocolate (contains Malitol)	\$9

## SAMPLERS

### **4 Flavor 1 lb. Pecan Sample \$14**

(White Chocolate, Chocolate, Cinnamon and Praline Halves)

### **2 lb. Pecan Sampler \$27**

(Chocolate, White Chocolate, Amaretto, Cinnamon, Pina Colada & Praline Frosted)

### **2 lb. Fruit and Nut Sampler \$22**

(Whole Almonds, Raw Pecan Halves, Walnut Halves, Dried Cranberries, Fruit Mix and Trail Mix)



**To place your order call the  
Orange County 4-H office**



**882-7010**





# How to teach children to tell the truth

## Keep your cool

When your kids tell a lie, your first reaction might be anger! Step back and remember that your children are still learning. When we get angry and immediately serve up a punishment, children don't get the benefit of the learning moment we can provide by discussing why lying is wrong and telling the truth is right.

## Don't set traps

If you already know that your child was dishonest, asking them the question sets up a stage for telling lies.

Better to tell your child this is what you saw and this is why it's wrong and how you can make it right.

That's going to help your child know that you are on their side!

## Avoid labels

Make sure your children know that you don't like it when they lie, however, refrain from calling them liars.

Children tend to live up to labels, whether they are positive or negative!

Honesty

## Give them a chance for a do-over!

If you catch your child in a lie, give them a chance to back up and tell the truth.

It's about learning!

Children need to understand that they can make mistakes and they can make things right!

## Praise truth telling!

When your children tell the truth, let them know how much you appreciate their courage and their honesty!

Let them know, 'I know it can be difficult to tell the truth. I'm so proud of you and I really like it when you are honest with me!'

## Why are they lying?

What's so important that they're lying to you about it?

When you find out the reasons for your child's behavior, you can help them think through better ways of coping with the situation the next time.

## Set a good example!

Parents can be caught in lies too. Be sure to demonstrate what honesty looks like even when you know you can get away with lying. We can't expect our children to be honest when we are lying.

# HOW LONG WILL IT LAST IN THE FRIDGE?

Good Housekeeping

## Practice safe food storage by following these refrigerator guidelines.



Set your fridge to **40° F** or colder (but not below 32° F, the freezing point).

### DAIRY & EGGS



Eggs – **3 to 5 weeks**  
Milk – **1 week**  
Butter – **1 to 3 months**  
Yogurt – **1 to 2 weeks**

### MEAT



Deli-sliced lunch meat – **3 to 5 days**  
Raw chicken or turkey – **1 to 2 days**  
Leftover cooked meat – **3 to 4 days**  
Raw ground meat – **1 to 2 days**

### FRUITS



**Tip:** Storing fruit in the fridge after it ripens can help it last longer.

Apples – **4 to 6 weeks**  
Citrus – **1 to 3 weeks**  
Berries – **7 to 10 days**  
Grapes – **1 week**

### VEGETABLES



Peppers – **4 to 14 days**  
Mushrooms – **3 to 7 days**  
Lettuce – **1 to 2 weeks**  
Corn on the cob – **1 to 2 days**

### CONDIMENTS



Mayonnaise – **2 months**  
Bottled salad dressing – **1 to 3 months**  
Ketchup – **6 months**

Information compiled from FoodSafety.gov and the Food Marketing Institute.

# TEXAS A&M AGRI LIFE EXTENSION

## Dinner Tonight!

### Creamy Garlic Spinach Chicken Pasta

12 oz. (1 box) of whole wheat penne pasta  
10 oz. fresh spinach, coarsely chopped  
1 tbsp. extra virgin olive oil  
1 lb. boneless, skinless chicken breasts, cut into bite-size pieces  
1 large, yellow onion, chopped  
3-4 cloves garlic, minced or pressed  
1/2 cup garlic and herb cream cheese  
1/3 cup grated parmesan cheese  
1 tsp. crushed red pepper flake, more or less depending on your preference  
Sea salt and fresh cracked pepper, to taste.

1. Cook pasta according to package directions, reserving one cup of starching cooking water. Drain and return to hot pot, add chopped spinach, cover and set aside to let spinach wilt.
2. Heat olive oil over medium-high heat in a large skillet.
3. Once hot, add chicken to the skillet and saute' for approximately 5 minutes, or until chicken is cooked through.
4. Add onion and garlic to the pan and saute' for 2-3 minutes or until the onion has softened and beginning to turn translucent.
5. Add cream cheese and reserve cooking water to chicken. Stir to combine and melt cream cheese.
6. Add chicken/cream cheese mixture to pot with pasta and spinach. Add parmesan, crushed red pepper (if using), salt and pepper. Stir to combine.
7. Serve with additional parmesan cheese and red pepper flakes for garnish.
8. A simple green salad and warm whole wheat bread would be lovely with this pasta!

#### **Nutrition Facts per Serving:**

Calories 387; Total Fat 7g; Saturated Fat 2g; Cholesterol 59.5mg; Sodium 164/5mg; Total Carbohydrate 51.1g; Dietary Fiber 3.6g; Sugars 3g; Protein 29.1 g.

Source: [beckysbestbites.com](http://beckysbestbites.com)





## Adult Leaders Association & County 4-H Council

**Officer Elections in October**

1st Mondays Starting October

6:30 pm @4-H Office

ALL Adults & 4-H Members Welcomed

## Dusty Trails 4-H

2nd Monday

7 pm @ 4-H Office

Brenda Davis 791-5317

Sherri Jones 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



“Learn to Build a Recordbook”

1st Tuesdays

6pm

4-H Office



4th Mondays

6 pm @

4-H Office



Food & Nutrition

3rd Tuesdays

6pm

4-H Office

***MUST contact the 4-H Office by the Friday before if you are going to attend the cooking and/or Sewing class. So we can have enough projects for everyone.***

Don't forget to bring your coats and canned goods for donating.



4-H Sewing

4th Tuesday

6 pm

4-H Office



Livestock

Judging

October 24th

5:30

4-H Office



Informational Meeting

November 8th

6 pm

4-H Office







**Orange County 4-H** would like to ask everyone to join us in our efforts to help the Louisiana flood victims, by collecting school supplies.



Many school age youths were in the midst of planning for their school year when the flood occurred. Now many of them are cleaning their homes and have not even thought about school cloths or school supplies.

We are asking for donations of **NEW** school supplies and/or **NEW** clothing for any size school age boy or girl.

\*\*\*\*\*gift cards and cash will be appreciated also\*\*\*\*\*

Hurricane Rita left many of us in Southeast Texas where these families are at now.

Now is our time to help them out. Please share with your friends and family. Let's show them how strong our organization is and what we can do in ONE DAY.

**START COLLECTING TODAY AND DROP OFF AT:**

Orange County Extension office 11475 FM 1442  
Orange, TX 77630

Or you can bring your donations to our official  
ONE DAY SUPPLY DRIVE, SAT OCTOBER 8, 10AM-2PM same location.



**Please Support 4-H!!!**



**4-H Members**

**Remember to set up a booth**

**during clover week**

**at Tractor Supply Orange.**

**Will be able to sell pecan orders,  
livestock tickets and fundraise.**

**OCTOBER 5-16, 2016**

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

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

**Friday, October 7th**

**Lamb, Goat, Swine & F-1 Heifer Tag Order Deadline  
For 4-H Office**

**\$25 entry fee**

**Validation date for these animals will change this year.  
Date and time will be posted in upcoming newsletters  
and on Facebook.**

---



**Orange County Livestock Show**

**October 7 & 8, 2016**

**OCLSA Barn**

**Arnel Road Mauriceville**

Orange County Livestock Show Association invites the public to join us at our livestock show and auction October 7<sup>th</sup> -8<sup>th</sup> at the OCLSA Barn located on the Mauriceville Fairgrounds on Cohenour Road and Hwy 62 N. The livestock show consist of swine, goats, lambs, chickens and rabbits raised by our Orange County 4-H & FFA members in hopes of placing their projects in the sale auction Saturday.

We invite area business and individuals to be buyers for these animals at the live auction Saturday night. Your generous participation supports agriculture and leaders for tomorrow. Buyers will be treated to a world class Bar B Que dinner hosted by the Go Texas Bar B Que teams and the OCLSA on Saturday, 5pm to 6:30 pm at the Pavilion. The show schedule for Friday, October 7<sup>th</sup>; Art Contest Judging begins at 3 pm at the Start Museum of Art; Rabbit and Chicken Show begins at 6 pm at the Barn. Saturday, October 8<sup>th</sup> schedule; Swine begins at 8 am at the Barn followed by Goat and Lamb Shows. A Prospect Show of Heifers will begin at 12 noon. Sale Auction starts at 7 pm. For additional information contact Sabrina Gray, Show Chairman 409-670-6260 or Glenn Stephenson, President OCLSA 409-883-8809.



# 4-H OCTOBER 2016

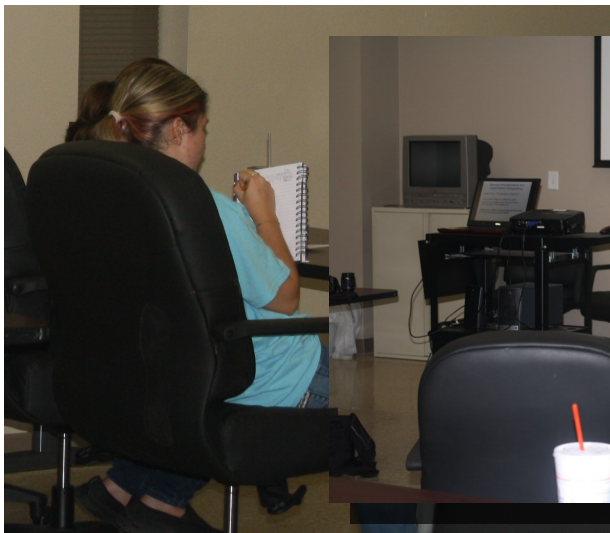
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>National 4-H Week 2nd-8th</b>	<b>Tractor Sup- ply Clover Campaign 5th-16th</b>				<b>1</b>
<b>2</b>	<b>3</b> OCLSA 7pm  Adult Leader/ County Council 6pm	<b>4</b> Proclamation @ Commissioners Court 2 pm  Recordbook 6 pm	<b>5</b> TSC Clover Campaign Begins	<b>6</b>	<b>7</b> Orange Co Livestock Show <u>YMBL</u> lamb, goat, swine, f-1 tag order deadline 4-H office	<b>8</b> Orange Co Livestock Show  One Day 4-H
<b>9</b>	<b>10</b> Dusty Trails 7 pm	<b>11</b>  Mighty Pirate 7pm	<b>12</b>	<b>13</b>	<b>14</b> 1st Pecan Order Deadline  Vidor Home- coming Parade	<b>15</b>
<b>16</b>	<b>17</b> All HEARTS 1pm  Boots & Bridle 6 pm	<b>18</b> Food & Nutrition 6 pm	<b>19</b>	<b>20</b> Club Manager Meeting 6 pm	<b>21</b>	<b>22</b> Public Speaking Fund- raiser @ Tractor Supply Orange
<b>23</b>	<b>24</b> Livestock Judging 5:30 pm  Public Speaking 6pm	<b>25</b> Sewing 6 pm	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b> Club Reports Due					



## 4-H Public Speaking Group showing appreciation for our law enforcement, ambulance crew and fire fighters.



## 4-H Photography Workshop





# 1st Annual Orange County 4-H Awards Banquet





## 10 tricks to Avoid Halloween Candy Temptations

1. **Buy candy you don't love.** If the candy in your pantry is stuff kids like but that you don't enjoy, it will be easier to resist opening those bags and diving in. For most of us, that means anything but chocolate. "Sour candy, gummy-textured [candies], hard candies and the others that are not chocolate are lower in fat and calories and typically not the candy we overeat," says Sandon.
2. **Out of sight, out of mind.** Ask your co-workers to keep their candy jars and bowls inside their desks or stashed in a cabinet in the break room so you won't be tempted every time you see it. If they want to keep candy on their desks, ask them to use a colored container with a lid so you can't see inside.
3. **Savor one piece of your favorite candy a day.** Decide what time of day you most relish the sweet stuff, and save your special treat for that time. Then sit back and slowly savor the taste sensation. "It is so easy to pop a piece of candy into your mouth mindlessly and not get the full enjoyment you would get if you saved it and ate it when you know you will enjoy it the most," says Sandon. Indulge your sweet tooth on occasion, because denying yourself completely could lead to an all-out binge.
4. **Chew gum.** Sugarless gum gives your mouth a burst of sweet sensation for very few calories. "Studies have shown that gum chewing can also help [you] relieve stress, mentally focus on tasks, satisfy a sweet tooth, overcome the urge to eat candy, and help manage hunger pangs to hold you over until your next meal," says Sandon.
5. **Replace the candy with better choices.** Make the see-food diet work in your favor by putting out a bowl of colorful fruit or veggies in place of the candy.
6. **Move the candy jar.** Wansink and colleagues have done studies on how frequently people eat candy when it is within reach, out of sight, or requires them to get up to reach the jar. "If you have to get up to get a piece of candy, it is not always worth the effort, whereas when the candy is convenient, consumption is higher," says Wansink.
7. **Count the empty wrappers.** It's so easy to pop fun-size candy bars into your mouth that you can lose track of how quickly the calories are adding up. "If you keep the wrappers on your desk, it will remind you of how many you ate and hopefully inspire you to exercise moderation and stop after one or two," says Sandon.
8. **Take a walking break.** Getting away from your desk for a breath of fresh air can invigorate you and help you get over the mid-morning or mid-afternoon slumps that are often mistaken for hunger.
9. **Manage your hunger.** Eat breakfast before coming to work and plan for a few healthy snacks along with a satisfying lunch. Your preplanned meals will keep you feeling satisfied and make you less likely to raid the candy bowl.
10. **Sip on a low-calorie beverage.** Keep your hands and mouth busy by drinking a zero-calorie cup of hot tea (rich with disease-fighting antioxidants) or big glass of water. And light hot chocolate can satisfy your sweet tooth for few calories than most fun-size chocolate bars.

For complete article visit:

<http://www.webmd.com/diet/features/10-tricks-avoid-halloween-candy-temptations>

## Pumpkin Pie Oatmeal

**Yield: 4 servings**

- 1 cup old-fashioned rolled oats
  - 1 3/4 cups almond milk
  - 1/4 cup pumpkin puree
  - 1/2 teaspoon vanilla extract
  - 1/2 teaspoon ground cinnamon
  - 1/4 teaspoon ground nutmeg
  - 1/2 cup chopped pecans
  - 1/4 cup maple syrup
1. Combine oats and milk in a small saucepan over medium heat.
  2. Bring to a boil; reduce heat and simmer, stirring occasionally, until desired consistency is reached, about 3-5 minutes. Stir in pumpkin, vanilla, cinnamon and nutmeg until heated through, about 1 minute.
  3. Serve immediately, garnished with pecans and maple syrup, if desired.



Damndelicious.net

Nutrition facts: calories 288, total fat 13.6g, saturated fat 1.4g, trans fat 0g, cholesterol 0mg, sodium 74.1mg, total carbs 38.5g, dietary fiber 5.1g, sugars 16g, protein 5.6g.





## PRESERVING A JACK-O-LANTERN FOR WEEKS

After you scoop out and carve your pumpkin, dip it in a large container of bleach and water (use a 1 tsp:1 gal mix).

The bleach will kill bacteria and help your pumpkin stay fresh longer.

**DRAIN UPSIDE DOWN**  
Once completely dry,

Add 2 tablespoon of vinegar and 1 teaspoon of lemon juice to a quart of water.

Brush this solution onto your pumpkin to keep it looking fresh for weeks.”

TEXAS A&M AGRILIFE EXTENSION  
11465-A FM 1442  
Orange, TX 77630  
Phone: 409-882-7010  
E-mail: 409-7010  
E-mail: orange-tx@tamu.edu

Non-Profit Org.  
US Postage  
PAID  
Orange, TX  
Permit #12

Return Service Requested



### Creamy Jalapeno Dip

1/3 cup pickled jalapenos

Juice from pickled jalapenos, to taste

1 packet buttermilk ranch dressing mix

1/2 cup buttermilk

1 cup mayonnaise (not reduced-fat)

1/2 bunch cilantro, stems removed, chopped

Place the jalapenos in the blender and puree until very fine, using juice as needed.

Mix the dressing mix, buttermilk, mayonnaise and cilantro in a separated bowl, add to pureed jalapenos.

Mix in blender.

The dip is best if you refrigerate it overnight.

Serve with chips or fresh vegetables, or use as a salad dressing.

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.