

TEXAS A&M AGRI LIFE EXTENSION

County Extension Agents

Fallon Foster
Family & Consumer Science

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4-H/Youth Development

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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 September 2016



The Extension Office will be closed Monday, Sept. 5, 2016

Orange County 4-H Annual Pecan Fundraiser 2016

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

See page 4 and 5 for complete listing.



Orange County Livestock Show October 7 & 8, 2016 OCLSA Barn Arnel Road Mauriceville

Check out the form inside this newsletter to enter into the Art Show which is Opened to all youth. Also Livestock show times.

Please Note
date change

Hand's On Vegetable Canning Class

Thursday,
September 15, 2016
6 pm
\$20 per person*

*Cash or Check payable
the day of the class



Each participant Will
bring home a jar of
the items they can.

Class will be held
at the
Extension office.
Limited to

15 participants.
Call for

your
reservation 882-7010.

Class taught by,
Fallon Foster, CEA
Family & Consumer Science

What is a food allergy?

A food allergy occurs when the body thinks certain foods are dangerous and causes the person to suffer an allergic reaction.

What are the signs of a food allergy?

There are many things that can happen when a person is having an allergic reaction.

The most common are:

- Itchy mouth and throat
- Swelling of face and tongue
- Coughing
- Stomachache
- Shortness of breath
- Rash on the skin
- Anaphylaxis*

*Anaphylaxis is a life threatening condition where the body cannot cope with the allergen.

Who can have food allergies?

Anyone can suffer from a food allergy. Usually food allergies begin when a person is a child. The allergy won't start when the child is first exposed to a food. The allergy will start at the second, third, fourth, etc. exposure to a food item. Listen to children complaining of feeling strange after eating certain foods...this may be their first sign of a food allergy.

If someone is having a food allergy:

- 1) Get help and call 911.
- 2) Ask them if they have medication with them for their allergy.
- 3) Stay with them until help arrives.

What foods cause food allergies?

Any food has the potential to cause a food allergy. However, there are some foods that are more commonly associated with food allergies.

Peanuts – any form of raw or processed



Dairy – milk, butter, yogurt, and cheeses.



Eggs – baked goods or breakfast foods



Shellfish – shrimp, lobster, clams, crawfish



Soy – soy milk, soy protein, tofu



Wheat – baked goods, cereal, flour



Tree Nuts – walnuts, pecans, almonds, etc.



For more information on food allergies, please visit the American College of Allergy, Asthma, & Immunology website.

www.acaai.org



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 .



<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



September 2016

Field of Plenty Donation Garden

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

Purple Hull Peas are ready to be picked. Volunteers have picked over 70 pounds of peas that Orange Christian Services has given to those in need.

Volunteers are working on making raised beds with cinder blocks each Thursday from 6:00-8:00 p.m. The continuous rains have slowed us down to completing 3 of the planned 10 beds.

We are planning a work day on September 17, 2016 at 8:00 to harvest peas, clean the cement slab of the former double tennis court, weed and plant. Volunteers are needed and welcome.

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



4-H Members...Field of Plenty counts as a community service project.





Orange County 4-H Annual Pecan Fundraiser 2016

TEXAS A&M
AGRI LIFE
EXTENSION

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

Plain Pecans Choice of Halves or Pieces

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

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

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

Peanuts

12 oz Chocolate Peanuts \$5

12 oz Honey Roasted Peanuts \$5

1 lb Hot and Spicy Peanuts \$4

Thank You!

More items on back.....



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)

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)

ORDER NOW

**To place your order call the
Orange County 4-H office
882-7010**

Orders can also be place with any of our 4-H members

*PLEASE MAKE CHECKS TO
Orange County 4-H Council*

One Day 4-H

Orange County 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 school supplies and **new** clothing for any size school age boy or girl.

(For sanitary reasons we are only taking new supplies and cloths, many of these families lost everything.)

Of course 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.



Livestock Judging

Livestock

Judging

Project

Starting in

October!

**If your interested
in being a part of
this project, call
the 4-H office**

882-7010

4-H Photography Workshop
Thursday, September 15th at 6 pm
4-H Office
RSVP by Monday, September 12th
882-7010





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



4-H Sewing Workshop

4th Tuesday

6 pm

4-H Office



4-H Horse

Judging Practice

TBA



Interested in being a part of a 4-H Robotics Club?

If so, call the 4-H office 882-7010



Important Livestock Dates to remember !!!!

SOUTH TEXAS STATE FAIR (YMBL)

**Monday, September 19th
Steer Entry Deadline for 4-H Office
\$25 entry fee**

**Friday, September 30th
Poultry order deadline for 4-H Office
\$2 per bird (increments of 25)**

**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.**

SPRING MAJOR SHOWS

**2017 Spring Major Shows
Wednesday, September 14, 2016
4-H Office Deadline
Heifer UIN Numbers
\$10 per tag**

4-H Members

A reminder to set up a booth
during clover week

at Tractor Supply Orange.

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

Please Support 4-H!!!



OCTOBER 5-16, 2016

4-H Members/Family

Order your shirt today to have for
your community service
one day project.

2016 ONE DAY T-SHIRTS NOW AVAILABLE



Show your 4-H pride during your
community service project for
One Day 4-H

ALL SHIRTS
\$6.00 each

free shipping on all orders!

Cool New Design!

Free Shipping!

THE DEADLINE FOR ORDERING IS:

SEPTEMBER 9, 2016

T-Shirts will be mailed for
delivery by September 30th
(Great for those projects on October 1st!)

ORDER ON LINE AT:

www.agrilifebookstore.org

Keyword Search: One Day, or by Item #: 4H-012

OCT | 8 | 2016

TEXAS  4-H

<http://texas4-h.tamu.edu/events/oneday/>

ONE DAY 4-H



SAVE THE DATE



2016 Orange County Junior Art Show at the Orange County Livestock Show

Exhibition and Awards Saturday, October 8th
Mauriceville Crawfish Festival Grounds

Enter your work of art in the 2016 Orange County Junior Art Show and see it displayed at the Orange County Livestock Show! Prizes will be awarded.
Open to all students grades K through 12 living in Orange County.

The Orange County Junior Art Show is open to all youth residents of Orange County that are 5 years old and in Kindergarten to 18 years old and in 12th grade. The contest is open to students enrolled in public or private school, and those that are home schooled.

Art must be 2-dimensional and 10 x 12 inches or smaller. Art must be matted or backed with paper, not to exceed 12 x 14 inches.

Art that thematically relates to agriculture or livestock is encouraged.

Art will be displayed at the Orange County Livestock Show at the Mauriceville Crawfish Festival Grounds, on Saturday, October 8, 2016. Awards will be announced at the Orange County Livestock Show Association Show Barn at approximately 6:00 - 7:00 p.m..

There is no entry fee for the contest. Each student may enter only one work of art.

Fill out the entry form below, attach it to the work of art, and mail or deliver it to the address below by 5 p.m. Wednesday, October 5.

TruColors Art & Design, ATTN: Jennifer McConnell
1201 16th Street, Orange, TX 77630 (Next to Romano's Italian Restaurant)

Art will be judged by Stark Museum of Art Educators. For complete details on eligibility and judging criteria, please see Contest Rules.

2016 Orange County Junior Art Show Entry Form

Student Name: _____ Age: _____ Grade: _____ School: _____

Student Address: _____ Town: _____ Telephone: _____

Teacher Name: _____ Email: _____ Telephone: _____

Contact: For more details, contact Jennifer McConnell, 409-746-9727, mcconnelljks@yahoo.com

ORANGE COUNTY
LIVESTOCK SHOW
RABBIT ENTRY
DEADLINE IS
SEPTEMBER 7th



Orange County Livestock Show
October 7 & 8, 2016
OCLSA Barn
Arnel Road Mauriceville

Orange County 4-H/FFA youth will be showing the following animals for a chance to auction their animal Saturday night at 7 pm at the livestock barn, located behind the Mauriceville Community Center.

Friday, October 7th

Poultry—6 pm

Rabbits immediately following poultry

Everyone's
Welcomed!

Saturday, October 8th

Swine—8 am

Lamb immediately following swine

Goat immediately following lamb

There will also be a jr breeding heifer prospect show 12 noon Saturday.

Buyers Social & Dinner starts at 5 pm Saturday

Auction starts at 7 pm

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 left on Arnel and the barn will be located behind the Mauriceville Community Center

Let us know if you want to be added to the OCLSA meeting email notification list -882-7010.

**Be A Part
OF
OCLSA!**

4-H SEPTEMBER 2016 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Check Page 7 for meeting locations			1 AWARDS BANQUET 6 pm Expo Center	2	3
4	5 County Holiday Office Closed	6 Recordbook Class 6pm YMBL Steer vali- dation 9 am	7 Rabbit Entry deadline for OCLSA	8	9 4-H delivers good- ies to Orange Sherriff Office	10 4-H delivers goodies to police dept., fire station and Acadian
11	12 Dusty Trails- meeting 7 pm	13 Mighty Pirate meeting 7 pm	14 Fall Heifer UIN orders for Spring Majors	15 Photography Workshop 6 pm	16 Entry Deadline Winnie Rice Festi- val	17
18	19 Steer entry deadline YMBL All HEARTS Meeting 1 pm Boots & Bridle Meeting 6 pm	20 Food & Nutrition Class 6 pm	21	22	23	24
25	26 Public Speaking Class 6 pm	27 Sewing Class 6 pm	28	29	30 Club Re- ports due to office Poultry Order/ Entry deadline YMBL Dallas State Fair Begins	

WHY WATER MATTERS

The Texas heat can cause severe dehydration while working or exercising outside

During intense physical activity a person can lose 1 quart of water an hour

The average human body is 60-70% water



You cannot absorb more than 1 quart of water per hour



The average person needs to consume 64oz of water per day

Signs of Dehydration

Headache

Vomiting

Cramps

Death



If you feel thirsty, you are already dehydrated!



Vacuum Seal Your Plastic Bags With Nothing More Than A Bowl Of Water

We all know the struggle of keeping food fresh when we aren't able to use it right away.

Do we use a plastic bag or is this something that belongs in Tupperware? Maybe a Ziploc bag inside of Tupperware? It's always a tough decision!

There are so many different ways to maneuver around the cooking world, and everyone has their own tricks.

Need to know how to easily peel garlic or the best way to cut bell peppers? We can help.

And now we can help you vacuum seal your plastic bags so you no longer have to struggle with the Tupperware–Ziploc debate.

You can thank us when you don't have to keep throwing out food that you just haven't gotten the chance to cook yet.

And it couldn't be any easier! All you'll need is a Ziploc bag and a bucket (or pot) of water. It's that simple.

Just dip the bag into the water and watch as the air leaves the bag and your food becomes vacuum tight against the plastic. All you need to do is seal the bag just before the last corner hits the water and you're good to go.

No mess, no hassle, just fresh food for as long as you could possibly want to have it in your freezer.

Check out their video on littlethings.com/bucket-of-water-vacuum-seal



The A,B,Cs of Watermelon

Plus 23 more tasty tidbits, truths, and facts

- A**mericans consume more of it than any other melon.
- B**lue cheese tastes great with it. Combine in a salad.
- C**itrulline can help maintain blood flow in the heart.
- D**ice it up and skewer with turkey and cheese for a fun kabob.
- E**gypt held the first recorded harvest 5,000 years ago.
- F**avorite idea – enjoy as an appetizer to curb hunger.
- G**ill slices and serve with ribs, chicken, or shrimp.
- H**ydrate with watermelon straight from the store or juice it.
- I**nspect it. Choose a firm, symmetrical one without bruises.
- J**ack O'Melons are a fun twist on Halloween, with tastier insides.
- K**alahari Desert in Africa is its place of origin.
- L**eaders of lycopene, an antioxidant, in fresh fruits and vegetables category.
- M**ix with peach yogurt and pineapple for a sweet smoothie.
- N**ever out of season. It's available year-round!
- O**ne watermelon can feed over three dozen people.
- P**otassium (9%), Magnesium (7%), and Thiamine (6%) source.
- Q**uick "cupcakes" with cream cheese frosting and sprinkles.
- R**inds can be pickled and are delicious with grilled burgers.
- S**eedless watermelons were invented over 50 years ago.
- T**wo - three hundred varieties grow in U.S. and Mexico.
- U**se seedless slices on your sandwiches.
- V**itamin A helps you see better. Found in watermelon & other fruits.
- W**ater – you can't spell watermelon without it. It makes up 92% of it!
- X** - out junk food for kids and replace with this sweet treat.
- Y**ellow and orange are two different types you can try.
- Z**ero saturated fat, cholesterol and sodium in a standard serving.



Crispy Asian Chicken Wings

Here's a simple recipe for a game day snack that anyone can do. Oven baked chicken wings so crispy you'd swear they were deep fried.

Ingredients:

- 6 – 8 whole chicken drumettes
- ½ cup rice flour
- 1 tbsp cornstarch
- ½ tsp garlic powder
- 1 tsp salt
- ½ tsp pepper
- Sesame seeds
- Fresh Cilantro
- Olive oil or canola oil spray



Directions:

1. Preheat oven to 400 degrees. 2. Line a baking sheet with foil or parchment paper and lightly coat with oil spray. Set it aside. 3. In a shallow bowl combine, rice flour, cornstarch, garlic powder, salt and pepper. Mix well. Coat each drumette with the flour mixture. Dust off any excess flour and arrange on the prepared baking sheet. Make sure each piece is not touching each other. 4. Generously mist the coated chicken with oil spray. Bake for 30 - 45 minutes until the chicken has a golden brown color and has reached an internal temperature of 165 degrees. 5. Take out of the oven and let it rest for a few minutes, toss with sauce, and garnish with sesame seeds and fresh cilantro.

Greenappleec.com

Football Season Snacks

Out-of-this-World Corn Dip

- 3 (11-oz.) cans sweet corn & diced peppers, drained
- 7-oz. can chopped green chiles
- 6-oz. can chopped jalapeno peppers, drained and liquid added to taste
- 1/2 c. green onion, chopped
- 1 c. mayonnaise
- 1 c. sour cream
- 1 tsp. pepper
- 1/2 tsp. garlic powder
- 16-oz. pkg. shredded sharp cheddar cheese
- 2-3 bags scoop-like corn or tortilla chips

In a large bowl, mix all ingredients except chips. Chill two hours to overnight. Serve with your favorite chips (I used Fritos and Tostitos) for scooping. Makes 6 cups.



Inspiredbycharm.com

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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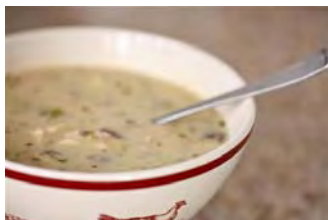
Return Service Requested



White Chicken Chili

Serves 4

1 lb boneless skinless chicken breast, cubed
1 medium onion, small diced
1 T vegetable oil
2 can cannellini beans
14.5 ounce chicken broth
2 4-ounce cans chopped green chilies
1 tsp salt
1 tsp cumin
1 tsp oregano
1/4 tsp cayenne
2 garlic cloves, minced
1/2 cup half & half
8 ounce reduced fat sour cream



Heat the oil in large pot over medium high heat. Add the chicken and chopped onion and saute' for about six minutes, or until the chicken is seared and the onion is translucent. Add the garlic and cook for another three minutes.

Add the beans, spices, chicken broth and green chilies and bring to a boil. Reduce heat and simmer for thirty minutes.

Turn off the heat and add the sour cream and half & half. Serve with cheddar cheese and additional sour cream to top.

Eatliverun.com

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

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.