

# 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



## County Judge

Brint Carlton

## Commissioner Precinct 1

Johnny Trahan

## Commissioner Precinct 2

Barry Burton

## Commissioner Precinct 3

John Gothia

## Commissioner Precinct 4

Jody Crump

# Orange County AgriLife Newsletter

April 2017



Office will be closed



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



**Kick start your Mondays in April to begin a New You!**

# Food, Fun, & Fitness

Fallon Foster, County Extension Agent for Family & Consumer Sciences will hold free classes  
on Mondays during the Month of April, 5:30 pm to 6:30 pm  
Orange County Convention & Expo Center, 11475 FM 1442  
Call the AgriLife Office, 409-882-7010 to let us know you will be joining us.

**30 Minutes of  
Nutrition**



**30 Minutes of  
Exercise**

TEXAS A&M  
**AGRILIFE**  
EXTENSION

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.





*Adult Beginners/Intermediate (only)*  
*Sewing Class*  
 Saturday, April 22nd 10 to 2 pm  
 If you have a sewing machine, bring it with you.  
 Registration and payment deadline is  
 Thursday, April 13th  
 Call the AgriLife Office to sign up 409-882-7010

\$20 per person  
 Payable by cash or  
 check to F.O.P.E.



# Preserving The Earth's Bounty



Call or stop by the AgriLife Extension Office  
 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 .

## Plant, Pick, Prepare, Preserve

Learn about Preserving the Earth's Bounty by practicing the 4 'P's of gardening. Learn when to plant your vegetables to get the best results, how to maintain a growing garden and when to pick your produce, and how to prepare and preserve your harvest. An introduction to herb gardening will be hosted by Cottage Cuttings.

**April 22, 2017 10:00 a.m. – 1:00 p.m.**

**The Field of Plenty, 2120 Wickard, Orange, TX 77632**

<https://www.facebook.com/fieldofplenty>

[thefieldofplenty@gmail.com](mailto:thefieldofplenty@gmail.com)







**YOUTH** Summer 2017  
**COOKING**  
Camp 

**June 12 - 16, 2017**

**Ages 8 to 14**  
(No exception)

**10 am to 2 pm**

**Orange County**

*Food Challenge held Thursday*

**Convention & Expo Center**

**11475 FM 1442 Orange**



**Limited to 60 Kids**

(Reminder: if you attended the last 2 year, you must wait to 2018 to participate.)



**\$45 per child**

**payable by cash or check to H.O.P.E.**

**Release form and payment must be received in the AgriLife office by June 1, 2017.**

**Registration Opens April 1st.**

To Register: go to [orange.agrilife.org](http://orange.agrilife.org) and click on the Youth Cooking Camp Registration tab or go to the link: <http://orange.agrilife.org/youth-cooking-camp-registration/>.

**TEXAS A&M**  
**AGRI LIFE**  
**EXTENSION**  
409-882-7010

Interested in being an Adult Volunteer for the cooking camp?

Call the AgriLife Office at 409-882-7010

Like us on Facebook:  
Texas A&M AgriLife Extension-Orange County





# Texas A&M AgriLife Extension & Committee on Aging's 48th Annual Senior Citizen Rally Day



## "Keepin' It Movin'" For a Healthier You

Seniors, Come Join Us for a Day of Fun

Tuesday, May 9, 2017

9 am - 1 pm



Orange County Convention & Expo Center

11475 FM 1442 Orange

Bingo 10 am  
Free Western Lunch  
Live Music  
Line Dancing  
Door Prizes



Seniors receive free  
Health Screening  
Senior Care Information  
and much more.

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



To participate as a Vendor,  
contact the  
AgriLife Extension Office  
409-882-7010

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.

*Free to all Senior Citizens*



## Turkey, Cheese, & Vegetable Stuffed Potatoes

2 baking potatoes

1/2 cup frozen mixed vegetables

2 slices (4 ounces) cooked turkey breast, diced

1 can (10 ounces) condensed cream of broccoli soup

1/4 cup fat free sour cream

1/4 cup fat free milk

1/8 teaspoon garlic powder

1/8 teaspoon black pepper

1/2 cup grated reduced fat cheddar cheese

2 green onions, washed and chopped



Wash hands and cooking area.

Wash and scrub potatoes; cover in foil and bake for 1 hour at 350°F.

In a medium sauce pan, combine vegetables, turkey, soup, sour cream, milk, garlic powder, and pepper and mix well.

Over medium heat, simmer the mixture for about 5 minutes stirring occasionally.

Cut warm potatoes lengthwise and squeeze them open.

Spoon equal portions of soup mixture down the center of potatoes.

Sprinkle with cheddar cheese and green onions.

### Nutrition Facts

Serving Size 1/2 Stuffed Potato

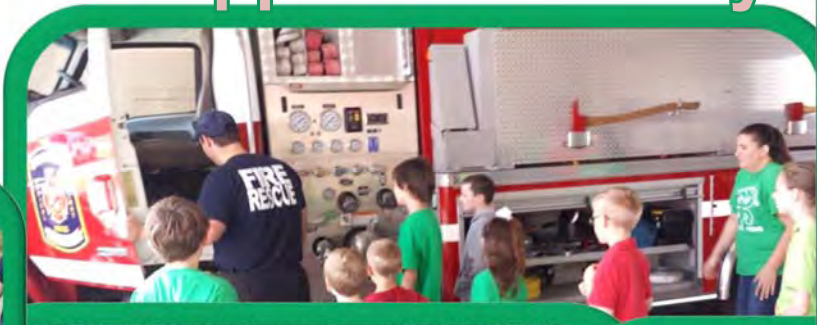
Servings per recipe 4

Calories 230, Total Fat 5g, Saturated Fat 2.5g, Cholesterol 40mg, Sodium 380mg, Total Carbohydrate 30g, Dietary Fiber 5g, Sugars 4g, Protein 17g



# All HEART 4-H

# First Responder Appreciation Day





**May 11-13, 2017**  
**Lone Star College**  
**Montgomery**  
**Campus, Conroe**



**Open to 4-H**  
**Members**  
**Ages 8 to 18**

For more information on each contest visit:

<http://d94-h.tamu.edu/eventsandcontests/bigtime/>

**Deadline to register: April 16 on 4-H Connect**

**4-H Pit Master**

Burgers, Beans, Brisket, Spare Ribs and Chicken. Team must provide their own electricity/water.

**4-H SET**

4-H'ers apply scientific method to their 4-H project experience.

**Ag Products ID**

4-H'ers identifies 20 ag products, each with a multiple choice question pertaining to the product.

**Consumer Decision Making**

Apply knowledge and experience in consumer education by analyzing consumer situations.

**Duds to Dazzle**

Redesign and re-purpose discarded garments into new, viable consumer products.

**Ed Presentation/Public Speaking**

Planned talks where 1 or more 4-H'ers teach others about a project or activity.

**Fashion Show**

Exhibit skills of wardrobe selections, clothing construction or comparison shopping, fashion interpretation., style, good grooming and poise in front of others, modeling and presentation.

**Fashion Story Board**

Poster board display of original designs using illustrations, such as fabric swatches, patterns and photos.

**Food Challenge**

Demonstration of culinary knowledge and skill.

**Food Show**

Showcase culinary skills, including presentation and interview; participate in 1 of 4 categories.

**Healthy Lifestyles**

Competitive event utilizing knowledge/skills gained through par-

ticipation in 4-H Healthy Lifestyles programs.

**Leaders 4 Life**

Designed to challenge county 4-H council teams in leadership skills, parliamentary procedure and service.

**Photography**

Demonstrate skills in composition, light, story line, posing and awareness.

**Photography Judging Contest**

Understand the dynamics of a judging contest; determine placings and cuts, pair switching, and simple bust.

**Pinewood Derby**

Derby competition among fellow 4-H members, with a final race stage at the Award Assembly.

**Produce Judging**

Participants recognize unripe or over ripe produce, discern consistency in produce classes and detect blemishes on produce.

**Quiz Bowls**

Demonstrate critical thinking abilities and reasoning

\*Beef \*Food & Nutrition \*Horse \*Swine

**Robotics Challenge**

Teams of three to five members supply their own challenge equipment; teams will have three hours to design, build, program and test their robot in preparation for competition

**Share the Fun**

Individual or team performance in 1 of 7 categories

*Celebrate 4-H,	*Poetry/Prose
*Choreographed routine	*Vocal
*Musical/Instrumental	*Dramedy
*Solo/Band Performance	

**Wildlife Challenge**

Demonstration of appreciation and understanding of the natural world with emphasis on sports fishing, hunting/wildlife, forestry, entomology and wildlife habitat evaluation program.



# Orange County 4-H



**Adult Leaders Association 6 pm**  
**County 4-H Council 6:30 pm**  
**1st Mondays @ 4-H Office 4-H**  
Members & Parents Welcomed

### Dusty Trails 4-H

2nd Monday  
6:30 pm @ 4-H Office  
Becky Hutchison 670-8945

### 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  
Claiborne 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 Tuesdays, January—August  
Orange Gun Club  
John Bilbo, 882-4284  
Robert Caffey 767-6222

Club meetings continued on next column.



### Speak 4-H (public speaking)

4th Mondays  
6pm @ 4-H Office  
Tommy Byers, 409-745-9704



“Learn to Build a Recordbook”  
1st Tuesdays  
6pm @ 4-H Office



Food & Nutrition  
(cooking)  
3rd Tuesdays  
6pm @ 4-H Office



4-H Sewing  
4th Tuesday  
6 pm @ 4-H Office



Livestock Judging  
Thursdays  
6 pm @ 4-H Office



Grade 3-5  
2nd & 4th Thursdays  
6pm @ 4-H Office



Grade 6-12  
4th Thursdays  
6pm—8 pm @ 4-H Office

## ORANGE COUNTY 4-H APRIL 2017 CALENDER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Council/ALA 6:30 pm	4 Clay Busters 6pm Recordbook 6 pm	5	6 Livestock Judging 6 pm	7	1 8
9 <b>YMBL ENDS</b>	10 Dusty Trails 7 pm	11 Mighty Pi- rates 7 pm  Clay Busters  6pm.	12 Ofc Dead- line Majors/ Dallas Steer tags & Dallas Swine,Lamb, Goat tags & Fall Heifers UIN	13 Robotics 6pm	14	15
16 Big Time D- 9 Registration deadline	17 All HEARTS 1pm Boots & Bridles 6 pm	18 Clay Busters 6 pm F&N/Cooking 6pm	19	20	21	22
23	24 Speak 4-H 6 pm	25 Sewing 6 pm  Clay Busters 6pm	26 <b>CLOVER CAMPAIGN BEGINS</b>	27  Robotics 6pm	28	29
30						

## ORANGE COUNTY 4-H MAY 2017 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 ALA 6 pm Council 6:30pm	2 Clay Busters 6 pm Recordbook 6pm	3	4	5	6
<b>7CLOVER CAMPAIGN ENDS</b>	8 Dusty Trails 6 :30 pm	9 Mighty Pirates 7 pm Clay Busters 6	10	11 Robotics 6pm	12 Big Time in D-9 Roundup	13 Big Time in D-9 Roundup
14 D9 Leader- ship Lab Reg & Fee deadline	15 All HEART 1 pm Boots & Bridle 6 pm	16 Clay Busters 6pm F/N Nutrition 6pm	17	18	19	20
21	22 Public Speaking 6	23 Clay Busters 6 pm Sewing 6 pm	24	25 Robotics 6 pm	26 D9 Horse Show Deadline	27
28 D9 Horse Show entry deadline	29	30 Clay Busters 6 pm	31			

**Some Clubs and Project classes will take a break during the Summer. Be sure to check with your club/project leader.**



# Livestock 2017-2018

April 12th

4-H Office Deadline

Majors and Dallas Steer Tags \$15

Dallas, Swine, Lamb & Goat \$15

Fall Heifer EIN orders \$15 payable  
day of validation

Due in office.

MAJORS

&



July 13th

4-H Office Deadline

YMBL South Texas State Fair 2018

Steer tag orders \$2 each



**This year we will be having an Entry Night at the 4-H office for shows. This will eliminate the confusion and last minute entries. If you plan on showing, you must be present at the Entry Night. All Paperwork will be mailed to shows the next business day . *If you can not attend Entry night, you MUST get with the Christina , 4-H Agent BEFORE entry night.***

Entry Night at the 4-H Office

for

Dallas State Fair

&

San Antonio Calf Scramble

Thursday, August 10th

7 pm





### Chocolate Chip Zucchini Bread

- 1½ cups white whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ cup raw honey
- ½ cup unsweetened applesauce
- ⅓ cup coconut oil, melted
- 1 egg
- 2 teaspoons vanilla extract
- ¼ cup grated zucchini (about 1½ zucchinis)
- ¾ cup dark chocolate chips
- ⅓ cup chopped walnuts

1. Preheat oven to 350 degrees.
2. Prepare a 8x8 loaf pan by greasing the bottom and sides (you can grease with coconut oil, butter, or PAM cooking spray) Lightly dust with flour and shake out excess flour.
3. In a medium bowl, add flour, baking powder, baking soda, salt, ground cinnamon, and ground nutmeg. Whisk together.
4. In a large bowl, add honey, unsweetened applesauce, coconut oil, egg, and vanilla extract. Whisk together until smooth.
5. Slowly add the dry ingredients to the wet ingredients until everything is combined.
6. Fold in the zucchini, chocolate chip, and walnuts.
7. Add the batter to prepared loaf pan.
8. Bake for 45-50 minutes, or until a toothpick comes out clean.
9. Serve.

Nutrition Information: Serving size: 1 piece Calories: 258 Fat: 14 g Carbohydrates: 34 g Sugar: 19 g Sodium: 166 mg  
Fiber: 4 g Protein: 3 g Cholesterol: 17 mg



# Some Easter Games and Activities

## Photo Booth Easter Hunt



Instead of hiding eggs, hide party hats, silly rabbit ears, pastel tutus and photo props, candy necklaces. Once the goodies are collected, have groups pose for a photo opp.

## Spring Planting

If you have a green thumb, use the quiet Sunday afternoon of Easter to start a new tradition of planting something in your yard every year or put some pretty spring flowers in pots for neighbors and deliver them with a “Happy Easter” note.

## Egg Memory Game

Find six pairs (coins, jelly beans, small toys, etc) and fill 12 eggs with one item from each pair. Lay the 12 eggs in a grid and play “memory” with the eggs, trying to find the matching pairs among the eggs (be sure the pairs are in different colored eggs). Set a timer and see who match the most pairs in a minute.



## Disappearing Shell

Simply cover a raw egg with white vinegar in a glass. Leave the egg submerged in vinegar for a day, then carefully switch it to a new glass of vinegar for one more day. At the end you will find the shell has dissolved and the yellow yoke—which is still runny so handle with care—and thin white membrane remains. Soak the “naked egg” in some water and food coloring and the whole thing will turn a new color! Science plus Easter equals fun.

## Crystal Covered Egg Shapes

Take a pipe cleaner and shape it into an egg. Attach two different colored smaller pieces shaped like a zigzag stripe across the middle. Completely submerge your egg shape (suspended from a piece of string tied to a bamboo skewer) into a deep glass bowl filled with three tablespoons of borax mixed with one cup of very

hot water (six cups should fill a large bowl). Twenty-four hours later, if left undisturbed, you can pull your egg shape out and it will be covered with beautiful crystals. Adult supervision is recommended.

## Peeps Wreath

Take a 10-inch Styrofoam wreath and a five-color sampler pack of bunny Peeps (tip: let the Peeps dry out for a couple of days to lessen stickiness) and attach peeps to the wreath with toothpicks. Aim for two per bunny, place in Styrofoam and stab bunnies in the back (sorry bunnies). Fill the center of the ring with vertically placed bunnies. Attach a pastel ribbon at the top. This may best be hung inside so pests aren't a problem or spray with a clear varnish to seal.

## Art with Eggs

Ready for some messy fun? Fill hollowed-out eggs with washable liquid paint, then use a glue stick and some tissue paper to cover the hole and throw against a large canvas or on the driveway for colorful explosion of Easter art.

## Fill 'Er Up

Fill a large bowl with chocolate candies or jellybeans. Give each player a three-ounce cup and a spoon. Placing the handle of the spoon in their mouth, the object of the game is to fill up their cup with candy using only the spoon in their mouth. See who can do it without dropping any candy and the winner gets to eat what's in their cup.

## Easter Tree

Hang simple eggs, flowers or other signs of spring from a branch picked out by the whole family. Another idea is to hang favorite inspirational quotes, bible verse or symbols of faith from the branches. Stabilize the branch in a jar of marbles or sand and display in a prominent place.



Signupgenius.com



# Summer Safety Tips: A Guide to Protecting Kids When Activities Heat Up

## Be Sun Savvy

Cover.

Clothing can be an excellent barrier of ultraviolet rays. Many light-weight sun-protective styles cover the neck, elbows and knees.

Keep infants out of the sun.

Babies younger than six months out of direct sunlight.

Plan early morning play.

Beware of shade.

You can still sunburn in shade because light is scattered and reflected.

Check the weather.

Prevent Dehydration.

Kids should drink 12 ounces of fluid 20 minutes before and active ity begins and take mandatory fluid breaks. With kids under 90 pounds drinking five ounces every 20 minutes during activities and kids over 90 pounds drinking nine ounces every 20 minutes. Tip: A child's gulp equals a half-ounce of fluid, so your child should drink about 10 gulps for every 20 minutes of play.



## Splash Safely (and Other Water Rules)

Stay off cell phones.

Know your skills.

Infant Child CPR

Put a guard up.

Drain kiddie pools in back yards after use. In ground pools, have least four feet high fencing.

Educated yourself.

The Consumer Product Safety Commission has a pool safety guide where families can find out how to keep kids safer at any pool.

Head Off injuries.

Helmet safety.

Never Wait in a Hot Car.

Create a Summer Survival Kit.

Cell phone

Water

Medications for chronic conditions

Bandages

Antibiotic cream for cuts and scrapes

Crushable icepack for bruises

Benadryl

An epi-pen for a person with known allergies

Sun protection

Hats and sunglasses

Insect repellent

Tweezers.



## Beware of Bugs

Spray and repeat

Spray kids' exposed skin and clothing. Reapply whenever the spray gets washed off or the child starts getting bitten again. For an alternative to sprays, try insect repellent pads they clip on clothes.

Check for allergic reactions.

To insect bites.

Check for ticks.





The spring season is just around the corner, which means it's time to start prepping your yard so you can fully enjoy the green grass, healthy trees, and blooming flowers. If you've struggled with getting your yard ready in the past, or consider yourself a newbie at gardening, a few tricks for maintaining a lush and healthy lawn might make this year your best yet. Check out this infographic for tips on seeding, watering, pruning, and more for the upcoming spring season.

# PREPPING YOUR YARD FOR SPRING

## Initial prep work

- Wait for snow to thaw completely
- Rake your yard to remove twigs, leaves, needles, and other debris



## Seeding

- Identify areas of your yard that look thin and patchy
- Mix soil or compost with a bag of seed
- Use a rake to break up the ground in patchy areas
- Spread the soil and seed mixture across patchy areas



## Watering

- Water your lawn long enough for water to reach plant roots
- Avoid watering for short periods of time on a frequent basis



## Mowing

- Check your mower's oil level and replace if necessary
- Have your lawn mower blades sharpened
- Lower the blades to remove old, dead grass



## Mulching

- Buy high-quality mulch
- Add fertilizer to new plants and shrubs before mulching
- Lay mulch around trees, bushes, dormant flowers, and gardens



## Pruning

- Cut away all dead and damaged branches
- Prune fruit trees before they bloom
- Prune flowering trees and shrubs after they bloom





### Easy Egg Salad

6 large hard-cooked eggs, peeled and chopped  
1/2 cup chopped celery  
1/2 cup sweet pickle relish  
1/4 cup light mayonnaise

1. Wash hands and cooking area.
2. In medium bowl, combine all ingredients.
3. Cover and chill.
4. When ready to eat, serve salad on bread slices for a delicious sandwich or for a light salad, top mixed greens and tomatoes with this egg dish.

**Nutrition Facts**  
Serving size 3/4 cup  
Serving Per recipe 8  
Calories 110  
Total Fat 7 g  
Saturated Fat 1.5 g  
Cholesterol 160mg  
Sodium 250 mg  
Total Carbohydrate 6 g  
Sugars 5g  
Protein 5g

This recipe can be made ahead of time and stored in the refrigerator until it is ready to be served.