

# 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

February 2017



February 14th



# Presidents Day

February 20th—AgriLife will be closed this day.



February 28th



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

## Free Saturday Classes

Texas A&M AgriLife Extension  
Orange County  
will be offering Saturday Classes  
at our office

10 am to 2 pm for 3 weeks  
March 4th, 11th and 18th



Join us in learning how to prevent and control your type 2 diabetes, eat healthy and much more to control your diabetes.

It is important to attend all classes to receive the full educational benefit.  
Call the AgriLife Office to register 409-882-7010



## Free Day Classes



Texas A&M AgriLife Extension  
Orange County & Newton County  
will be offering Thursday Classes  
At  
First Baptist Church of Mauriceville  
2 pm to 4 pm for 5 weeks  
March 9th, 16th, 23rd and 30th  
And April 6th

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## Fruit Canning Class

To be held March 21st

1 pm to 4 pm \$20 per person

Seating is limited.

Registration and payment deadline is

Wednesday, March 15th

Contact the Extension Office to Sign



# DIABETES MANAGEMENT



*Diabetes can be a challenging disease to live with. Keeping your blood sugar within the recommended range is difficult, therefore people with diabetes should be conscious of their food choices, physical activity, medications and doctor's visits in order to achieve the best outcome of the disease.*

## TIPS TO HELP CONTROL BLOOD SUGAR

### Food

Proper eating is critical for those with diabetes because food has a direct effect on blood sugar levels. Important points to remember regarding food are:

- **Carbohydrate Counting:** Carbs are the foods that have the most significant impact on the blood sugar. It is important to keep track of the amount of carbs consumed to ensure the proper amount of insulin needed.
- **Portion Sizes:** Learning appropriate portion sizes for foods can simplify mealtimes. Measuring cups and food scales can help.
- **Balanced Meals:** Meals should contain a mix of proteins, fats, and carbohydrates. Include more complex carbs such as fruits, vegetables and regular wheat breads to minimize blood sugar spikes as opposed to simple carbs such as cookies, cakes, etc. Also avoid sugary beverages like Coke, which cause rapid increases in blood sugar while providing excess calories and little nutritional value.

### Physical Activity

Exercise is beneficial for high blood sugar because the muscles use glucose for energy, and it improves the body's ability to use insulin efficiently.

- **Talk To Your Doctor:** It is important to ask your doctor about an appropriate exercise routine. This includes the best time of day to exercise, taking into account meals and medications.
- **Check Your Blood Sugar:** Monitor blood sugar levels before, during, and after exercise. Exercise can lower blood sugar levels, so monitor for signs of hypoglycemia (low blood sugar). A snack may be necessary prior to activity.
- **Hydration:** Dehydration can alter blood sugar levels.
- **Adjust Diabetes Treatment:** Exercise can lower blood sugar; therefore it may require a reduced dosage of insulin.

### Routine Checkups

Regular doctor visits should be done to ensure continued health and prevent any complications. It is recommended to see a healthcare provider at least twice a year.

- **At Each Visit, Check:**
  - Blood pressure
  - Feet
  - Weight
- **Every Three Months:**
  - A1C test (Bring a copy of results or have your doctor fax to the clinic.)
- **Once A Year:**
  - Cholesterol test
  - Complete foot exam
  - Dental & Eye exam
  - Flu shot
  - Urine and blood test

### Medication

- When diet and exercise are not enough for diabetes management, medicines such as insulin are used.
- Consult a doctor before taking any over-the-counter medicines. They may affect blood sugar levels and cause further health complications.

We're collecting UPC labels



For our Youth Cooking Camp

Please Join

Texas A&M AgriLife Extension's  
H.O.P.E. Committee

(Helping On Purpose Everyday)

by collecting Best Choice UPC Labels  
from your local Market Basket.

We appreciate your support! Labels can be dropped off at the AgriLife Office

11475 FM 1442 Orange, 882-7010



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 H.O.P.E.





**Ways You Can Reduce Your Risk of Heart Disease:**

- ♥ Maintain a healthy body weight
- ♥ Stop smoking (Ask about our Smoking Cessation program)
- ♥ Make physical activity a regular part of your daily routine – Aim for 30 minutes most days of the week, walking can be a great way to start.
- ♥ Manage stress levels
- ♥ Avoid excessive alcohol consumption (support programs are available in the community)
- ♥ Make healthy food choices:
  - Choose low fat dairy products, lean meats such as fish or poultry.
  - Have lots of fruits and vegetables each day (Aim for at least 5 servings)
  - Reduce your sodium intake – try using onions, garlic and spices such as cumin, curry, basil when you cook instead of table salt.



*Berry and Greens Smoothies*

Serves: 8

Servings Size 8 ounces

Cost per serving \$0.76

- 2 medium bananas
- 2 containers (6 ounces each) nonfat vanilla yogurt
- 2 cups leafy greens, washed (kale or spinach)
- 1 package (16 ounces) frozen berries
- 1 cup nonfat milk



1. Put bananas, yogurt, and greens in the blender. Blend until smooth.
2. Add berries to blender. Blend until smooth
3. Add milk to blender. Blend until smooth.
4. Serve immediately or freeze in individual servings.

TIPS:

- ♥ Add up to 1 cup more of nonfat milk if smoothie is too thick.
- ♥ Put frozen smoothies in the refrigerator for at least 12 hours to thaw them before serving. Shake well to mix ingredients before serving.
- ♥ Use half of each ingredients to make four servings if this recipe makes too much.
- ♥ This is a good recipe to use over-ripe or frozen bananas.

Nutrition Facts: Per serving  
 Calories 90,  
 Total Fat 0g,  
 Cholesterol 0mg,  
 Sodium 55mg,  
 Total Carbohydrate 19g,  
 Dietary Fiber 3g,  
 Sugars 13g  
 Protein 4g.



# THE EFFECTS OF EXCESSIVE SODIUM ON YOUR *Health & Appearance*

**9** out of **10** Americans consume too much sodium.



## WHERE DOES IT COME FROM?

**65%**  
supermarkets,  
convenience stores

**25%**  
restaurants

**10%**  
other sources

## HIGH BLOOD PRESSURE



is a leading risk factor for death in **WOMEN** in the **United States**, contributing to nearly **200,000** female deaths each year.

*{ That's nearly five times the 42,000 annual deaths from breast cancer. }*

**77.9** million American **ADULTS** have **high blood pressure**.

**KIDS** who have a high-sodium diet are **twice as likely to develop high blood pressure** as kids who have low-sodium diets

**3,400** milligrams  
the amount of sodium the average American consumes in a day

**1,500** milligrams or less  
recommended by the AHA for ideal heart health

## Your HEALTH

Excess levels of sodium/salt may put you at **RISK** for:

- |                |                       |
|----------------|-----------------------|
| STROKE         | KIDNEY STONES         |
| HEART FAILURE  | ENLARGED HEART MUSCLE |
| OSTEOPOROSIS   | HEADACHES             |
| STOMACH CANCER |                       |
| KIDNEY DISEASE |                       |



## Your APPEARANCE

Excess levels of sodium/salt may cause:

**INCREASED WATER RETENTION, LEADING TO:**

- Puffiness
- Bloating
- Weight gain



[heart.org/sodium](http://heart.org/sodium)

## Call the Right Play for Super Bowl LI: Pass the Keys to a Sober Driver Before the Big Game Begins



Football fans across the country will celebrate America's most watched national sporting event, Super Bowl LI, Sunday, Feb. 5, 2017. For many, the celebration will include drinking alcohol.

That's why Orange County highway safety and law enforcement officials are teaming up with the National Highway Traffic Safety Administration (NHTSA) for a special Fans Don't Let Fans Drive Drunk reminder to urge all football fans to call the right play on Super Bowl weekend by passing the keys to a sober driver before the drinking begins.

Drunk driving can be deadly. A driver is considered alcohol-impaired with a blood alcohol concentration (BAC) of .08 or higher, but even a small amount of alcohol can impair judgment and reaction times enough to make driving unsafe.

According to the Texas Department of Transportation, 960 people were killed in drunk-driving crashes in 2015, accounting for 27 percent of the total motor vehicle traffic fatalities in Texas. Super Bowl Sunday is a risky day for drunk-driving crashes.

"Super Bowl Fans Don't Let Fans Drive Drunk. If you want to be the MVP of Super Bowl LI, volunteer to be a designated driver to help your family and friends get home safely," said Texas A&M AgriLife Extension Service agent, Fallon Foster. "Drunk driving only leads to disaster and tragedy. It is never worth the risk. If you do plan to drink, remember to pass the keys to the sober driver before kickoff."

Foster, said fans that have been drinking can secure a safe ride home by designating a sober driver, using public transportation, calling a taxi, or rideshare service such as Uber or Lyft.

Designated sober drivers for Super Bowl weekend should refrain from drinking alcohol and enjoy the game with food and non-alcoholic drinks instead. This Super Bowl weekend, be a team player and help keep impaired drivers from getting behind the wheel. Designate your sober driver before the big game begins. And remember: Fans Don't Let Fans Drive Drunk.

The Texas A&M AgriLife Watch UR BAC program advises that if you're attending a Super Bowl party or watching the game at a sports bar or restaurant:

*If you don't have a designated driver, then ask a sober friend for a ride home; or call a cab/rideshare service, another friend, or relative, to pick you up. If you are at a friend's house, stay the night.*

*Never let friends drive if they have had too much to drink.*

If you're hosting a Super Bowl party:

*Make sure all your guests have a non-drinking driver to take them home, or arrange for alternate transportation to see that they get home safely.*

*Serve plenty of food and non-alcoholic drinks at the party.*

*Host your party just like they do at the stadium. Stop serving alcohol at the end of the third quarter of the game, and begin serving coffee and dessert.*

*Take the keys away from anyone who has had too much to drink.*

*Remember, you can be held liable and prosecuted if someone you served ends up in a drunk-driving crash.*

Texas A&M AgriLife Extension Service's Watch UR BAC program is funded by TxDOT and is provided at no charge to promote alcohol awareness, the dangers of impaired driving, and friends watching out for friends. Contact: [ldmooney@ag.tamu.edu](mailto:ldmooney@ag.tamu.edu) for booking information.

# RAINBOW VEGGIE *Pinwheels*



- 4 large tortillas
- 2/3 cup whipped cream cheese (can use light)
- 1 tablespoon dry ranch powder (you can also use store bought)
- 1/2 cup thinly sliced red bell pepper strips
- 1/2 cup thinly sliced carrot strips
- 1/2 cup thinly sliced yellow bell pepper strips
- 1/2 cup baby spinach leaves
- 1/2 cup shredded purple cabbage
- 1 cup cooked shredded chicken (optional)



dinneratthezoo.com

Mix together the cream cheese and ranch powder until thoroughly combined.  
 Spread the cream cheese mixture evenly over the 4 tortillas. Leaving a 1 inch border on all sides, lay out 2 tablespoons of each vegetable in rows across the tortillas; top with shredded chicken. Roll up each tortilla tightly; if the ends don't stay shut you can add a bit more cream cheese to seal. Cut crosswise into pinwheels and serve.



## "Skinny" **FAT** Substitutes



If a recipe calls for 1/2 cup butter and you substitute 1/4 cup applesauce for half of the butter, you'll save 44 grams of fat and 400 calories!

To lighten up cakes and cupcakes, replace the fat with the same amount of light sour cream and natural applesauce. For example, if the box calls for 1/2 cup oil, replace it with 1/4 cup light sour cream and 1/4 cup applesauce. The cake is moist without being greasy and tastes great.



Switch out half of the butter in a cookie recipe for mashed avocado. This simple change will reduce fat content by 40% and cut the number of calories by nearly as much. You'll still get the creaminess of butter and the fatty tastes, but this substitution knocks out some of the "bad for you" saturated fat in favor of the "good for you" mono-unsaturated kind.

Combine 1 boxed cake mix, 1 cup plain Greek yogurt and 1 cup water. Mix together and bake according to directions on the cake mix box. The texture is similar to a cross between a cake and a brownie. Use a 9x9 inch pan for a thicker cake. Makes 12 servings at approximately 180 calories.



### Diet Soda Pop Cake and Cupcakes

- 1 box Yellow Cake Mix & 1 (12oz.) can Diet 7-up or Diet Sprite –OR–
- 1 box Chocolate Cake Mix & 1 (12oz.) can Diet Coke or Diet Cherry Coke

Mix together the soda and cake mix until smooth. Leave out the butter/oil/eggs if the mix calls for it. Mix ONLY the cake mix and can of soda. Bake according to directions on the box. Test with a toothpick to ensure that the cake is cooked in the center. Makes 12 servings at approximately 171 calories each.



For these tips and much more check out [www.onegoodthingbyjillee.com](http://www.onegoodthingbyjillee.com)



# 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  
7 pm @ 4-H Office  
4-H Office 882-7010

## **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 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



**WILL NOT MEET  
IN FEBRUARY**

“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



Robotics Meeting  
6pm  
4-H Office



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 LIVESTOCK CLASSIC

**SATURDAY, FEBRUARY 25, 2017**

**ORANGE COUNTY LIVESTOCK SHOW BARN  
5319 ARNEL ROAD MAURICEVILLE TX  
CRAWFISH FESTIVAL FAIRGROUND**



*Each Show Overall  
Reserve Champion  
Prize & \$50*

*Each Show Overall  
Grand Champion  
Belt Buckle & \$100*

*Breed Champion—Prize  
Class Winners—Prize  
Division—Prize*

## **SWINE LAMBS GOATS STEERS HEIFERS BULLS**

<b>Show Order Swine, Lambs, Goats, Steers, Heifers, Bulls and Open Goat</b>		
Swine, Lamb & Goat	Check In 7 am—8:30 am	Show Time 9 am
Steers, Heifers & Bulls	Check In 10 am-11:30 am	Show Time 12:30
Open Goats*	Check In 1 pm	Show Time after cattle

\* The open goat show is open to youth from 3rd grade through 12th grade. Goat breeds will include; pygmy, miniature dairy and standard dairy from ages 0-6 months and up.

*Jr. & Sr. Showmanship  
60/40 Split  
\$5 entry paid  
at gate  
100% payback*



- Swine, Lamb & Goat shown by Weight
- Steers shown by Breed Division & Weight
- Heifers & Bulls shown by Breed Division & Age (age verification required)
- (5 head constitutes a Breed)

*Entry Fee \$25 per animal  
Make checks Payable to OCLSA  
Entry fees will be accepted up  
until the end of check in.*



*Concession Stand Provided. Generators Welcome  
Question Contact: Chris Alumbaugh 409-553-2201 or  
Sabrina Gray 409-670-6260*

*Bulls will be judged in 4 classes*

- 0-12 months
- 12-18 months
- 18-24 months
- 24 months & over
- Must have nose ring for Bulls over 12 months



## ORANGE COUNTY 4-H—FEBRUARY 2017 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 4-H Ofc dead- line YMBL	2 Livestock Judging 6pm	3	4 Ft Worth Ends
5	6 ALA 6 pm Council 6:30	7 Recordbook WILL NOT MEET THIS MONTH	8	9 Livestock Judging 6pm San Antonio Starts	10	11
12	13 Dusty Trails 7pm	14 Broiler pickup YMBL 4pm-6pm Mighty Pirates 7pm	15	16 Livestock Judging 6pm	17	18
19	20 All HEART 1pm Boots & Bridles 6pm	21 FN/Cooking 6pm	22 4-H ofc dead- line Open Cattle Entry YMBL	23 Livestock Judging 6pm	24	25 Orange County Livestock Classic
26 San Antonio Ends	27 Speak 4-H 6pm	28 Sewing 6pm				

## ORANGE COUNTY 4-H-MARCH 2017 CALENDAR

**BE SURE TO CONFIRM WITH YOUR CLUB MANAGER FOR SPRINK BREAK MEETINGS**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Livestock Judg- ing 6 pm	3	4
5	6 Council/ALA 6:30 pm	7 Recordbook 6 pm Houston Starts	8	9 Livestock Judg- ing 6 pm	10	11
12	13 Dusty Trails 7 pm	14 Mighty Pi- rates 7 pm	15	16 Livestock Judging 6 pm	17	18
						
19	20 All HEARTS 1pm Boots & Bridles 6 pm	21 FN/Cooking 6pm	22	23 Livestock Judg- ing 6 pm	24	25
26 Houston Ends	27 Speak 4-H 6 pm	28 Sewing 6 pm	29	30 Livestock Judging 6 pm	31	
				YMBL Starts		

April 12th @ 4-H Office  
 Majors and Dallas Steer Tags  
 Dallas, Swine, Lamb & Goat  
 Fall Heifer EIN orders  
 Due in office.

**Orange County 4-H Eligibility Forms**

If you are attending an event and need an eligibility form, please call the Extension office to request one. Remember to give yourself and the schools enough time to have them completed. This form will be sent to you if you are going to show in a 4-H sponsored livestock show, (does not include prospect shows) or participate in a 4-H County or District contest during 4-H year. It is on green paper. They are mailed out 2-3 weeks from the event. These forms are not required during the summer, when school is out. The process; once you receive the form, take the form to your principal to complete, and return the original back to the Extension office prior to the event date. If you need to take the form to the event, you must submit a copy to the 4-H office before the day of the event. Texas 4-H follows the same UIL guidelines with regards to absences, etc.



February 9th—26th



March 7th –26th



March 30th —April 9th

**life hacks**

#2145

**Make any cake mix taste like it was from a bakery**

1. Follow directions on the package.
2. Add 1 more egg (or 2 for an even richer taste).
3. Replace oil with melted butter and double the amount.
4. Replace the water with an equal amount of milk.
5. Mix and bake according to the package.

@1000LifeHacks  
 1000LifeHacks.com



**CONVERSATION CUTIES**



MoreAlwaysFindsOut.com

**THE ORANGE COUNTY MASTER GARDENERS PRESENT THEIR  
FOURTH ANNUAL**



*Bloomin' Crazy*



*Plant Fair*

Hundreds of quality plants nursery and member grown including cold-hardy avocados, berries, fruit trees of many varieties including LSU & purple figs.



Texas Superstars, perennials, annuals, houseplants, tropical, succulents, lilies, vegetables and herbs and many hard to find and unusual plants

***Plant Specialists and Master Gardeners will be available to answer your gardening questions and help with your selections.***

*Specialty booths will be available offering a variety of unique gardening items.*

*Special Classes of "Plant Selection" will be held 3-16-17 and "Making your own Soil" and "Container Gardening" will be held day of the sale, 3-18 from 9AM - 11AM*

**SATURDAY  
March 18, 2017**

**8AM - 1PM**

**Cormier Park**

**8235 FM 1442,**

**Orangefield**

**(Exit 869S off IH10)**

**Rain or Shine**

**Cash or Checks**



For more information check our website <http://txmg.org/orange>

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






Have a question, problem or concern about your:

- Garden
- Flowers
- Plants
- Lawn
- Pond
- Trees
- Insects/bugs




<http://aggie-horticulture.tamu.edu/>

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 .



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



**FIELD OF PLENTY**  
— ORANGE COUNTY —

## February 2017

### The Field of Plenty

Donation Community Garden

The time for planting a spring vegetable garden is upon us. Our garden beds have been idle or producing the last of the winter veggie crop. Bed preparation is important for the success of your spring garden after the winter season.

The Field of Plenty will be open this year on the fourth Saturday morning of each month. January 28<sup>th</sup>, the fourth Saturday of January, will be an educational day on how to prepare your soil and how to plant a garden.

We would like to invite all our current volunteers, and anybody interested in volunteering at The Field in 2017, to come join us on the fourth Saturday of February, the 25<sup>th</sup>, to learn more about The Field of Plenty and to help us prepare the garden beds for the spring planting.

On February 25<sup>th</sup>, starting at 9:00 a.m., we will complete removing the winter vegetables, refresh the garden beds with compost and other nutrients, discuss ways you can be an active volunteer at The Field, and share our plans for 2017.

The Field of Plenty has supplied 1856 pounds of produce to Orange Christian Services in 2016. Our goal is to plant and harvest over 4000 pounds of produce in 2017. People of all ages and skills can help!

The Field of Plenty is currently open to the public on Wednesdays from 8:00 – 10:00 a.m. A week day evening public opening may be added in April.

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



## 15-Minute Enchiladas

Makes 8 servings

Nonstick cooking spray  
3 cups chili without beans ( 1 can, about 24 ounces)  
1 1/2 cups canned refried beans, low-sodium, non-fat  
2 cups low-fat Cheddar or Monterey jack cheese (shredded)  
8 flour tortillas, large size

- Preheat oven to 350 degrees F.
- Cover a cookie sheet with foil and spray with nonstick cooking spray.
- In a medium-size saucepan, heat chili and refried beans until warm (do not boil).
- Spoon about half of the chili mixture evenly onto the tortillas, sprinkle with cheese, and roll up. Place side by side on the cookie sheet with seam side down.
- Top tortillas with remaining chili mixture. Sprinkle with remaining cheese.
- Bake for 10 minutes until cheese is melted



Nutrition: 310 calories, Total fat 17 g, Saturated Fat 6g, Cholesterol 55mg, Total Carbs 23g, Dietary Fiber 4g, Total Sugars 7g, Protein 17g.

Source: Recipe adapted from  
Food.com

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP. To learn more about the Supplemental Nutrition Assistance Program (SNAP) or to apply for benefits, visit [www.yourtexasbenefits.com](http://www.yourtexasbenefits.com)

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.