

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

January 2017

Happy New Year
2017

What
Life's most
persistent
and urgent
question
is
this: **ARE YOU DOING FOR OTHERS?**

MARTIN
LUTHER
KING JR

Extension Office will be closed
Monday, January 16, 2017.



Look for us as
Texas A&M AgriLife
Extension-Orange County

Food Handlers Course
February 8th
10 am to 12 Noon



\$20 per person payable by check or
money order to
FPM Account #230202
(cash not accepted)

Deadline to pre-register is February 6th. Register by calling the Texas A&M AgriLife Extension Office, 409-882-7010. Course will be held at the AgriLife Office, 11475 FM 1442 Orange.



Home and Body Essentials DIY Class

Saturday
February 4th
10 am to 2 pm



Class is limited to
25 participants.
Call 882-7010 to
register now.
If you wait till
deadline date, the
class may be filled.

\$25 per person payable by cash or check
Payable to H.O.P.E.
Payment must be received by February 17th. You
can come by the office or mail your payment.



Come ENJOY a fun day of
Hands-on homemade
Body & Home products.

Class will be held at Texas A&M AgriLife Extension Office
11475 FM 1442 Orange and taught by
Fallon Foster, Family & Consumer Science Agent

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.

Fruit Canning Class

To be held March 21st

1pm to 4 pm \$20 per person

Seating is limited.

**Contact the Extension Office if interested
in participating, 882-7010**



For
Family & Consumer Science Programs

Be sure to read your newsletters, check out our facebook page, local newspapers and KOCG "What's Happening" for information on the following programs planned for this year*. Additional information will be released month prior to event date.

- February:: Food Handlers , Diabetes and Essential Oil Class
- March: Fruit Canning and Fun, Food & Fitness
- April: Certified Food Managers and Beginners Sewing for Adults
- May: Senior Rally Day, Food Handlers, Vegetable Canning
- June: Bread Making and Youth Cooking Camp
- July: Diabetes Class, Youth Canning Class, Youth Sewing Camp, Certified Food Managers
- August: Fun, Food & Fitness, Food Handlers Class,
- October: Diabetes Class, Certified Food Managers Class
- November: Meat Canning and Food Handlers Class
- December: Certified Food Managers Class

* Due to scheduling, some programs may be added or deleted during the year.



**BETTER LIVING
FOR TEXANS**
TEXAS A&M AGRILIFE EXTENSION

Don't Sacrifice Flavor to Eat Healthier

Many of us have been involved in a conversation similar to this:

"We need to start eating healthier this year."

"No way! Healthy foods don't have any flavor! I'm not going to eat food that tastes like cardboard."

A common food perception is that the label *healthy food* means that flavor has been sacrificed. The reality is that you don't have to sacrifice flavor to eat healthier. One of the most effective ways to add flavor to healthy food options is to use fresh spices and herbs.

Spices and herbs are terms that are often used interchangeably, but they are distinct. Herbs come from aromatic plants grown in temperate climates while spices come from tropical plants. In most instances, the leaves of herbs are used for seasoning in dishes. Spices, however, come from the bark, berries, flower buds, roots, or seeds of the plant.

Examples of herbs are basil, parsley, rosemary, thyme, chives, oregano, and dill. Spices include cloves, cinnamon, ginger, nutmeg, and cumin.

Both herbs and spices can add flavor, color, and aroma to foods. They are low in calories, sodium, and fat. In addition, they are cholesterol free. Herbs and spices are often used in place of salt.

The flavors available in herbs and spices range from delicate to strong. Strong flavored variants include

bay leaves, ginger, and curry. Medium flavors include basil, celery seeds (and leaves), cumin, and fennel. Burnet, chervil, chives, and parsley fall under the category of delicate flavored. Cinnamon, cloves, ginger, and anise are labeled as sweet flavored while peppers, mustard, and paprika are categorized as peppery flavored.

Herbs and spices should be stored in cool, dry places and in air-tight containers. It is a good idea to test whole spices for freshness once a year by crushing a small amount and sniffing it. The aroma should be fresh and pungent. Ground spices should be checked the same way every six months and dried herbs 2 to 3 times per year. Refrigeration or freezing will preserve flavor and reduce the chance of infestation.



Source: University of Delaware Extension

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.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Creamy Cauliflower Chowder (30 Minutes and Gluten Free)

Creamy Cauliflower Chowder is a healthy, easy, comfort food recipe and ready in under 30 minutes. It's gluten free, low carb and keto friendly.

Prep time: 10 minutes
Cook Time: 30 minutes
Servings: 4



- 1 tablespoon butter
- 1/2 cup diced onion
- 5 garlic cloves, minced
- 3/4 cup diced carrots
- 1 whole head of cauliflower, cut into small florets.
- 1 cup milk
- 1 teaspoon freshly ground pepper
- 1/2 teaspoon freshly ground pepper
- 1/2 teaspoon dried oregano
- 1/4 cup cream cheese
- Salt to taste
- Olive oil and cooked bacon for topping.

1. In a dutch oven or soup pot, heat butter and **add onions and garlic. Saute' for a few minutes till the onions are soft.**
2. Add carrots, cauliflower, milk, pepper, oregano and salt to the pot. Bring this to a boil, and slow the heat down to a simmer. Cook for 15 minutes or so till the cauliflower is tender.
3. Switch off the flame and using a blender, blend the soup partly in the soup pot. If you **don't have a hand blender, pour half the soup into a blender and pulse a few times till creamy.**
4. Switch the flame back on and add a cup of water or broth along with the cream cheese. Simmer for 5-10 minutes and switch off the flame. Feel free to thin the soup further if you like with some more broth or milk. Top with olive oil and bacon and serve hot.

myfoodstory.com



Top Water-Rich Foods

Raw For Beauty

 Cucumbers 96% Water	 Watercress 90% Water	 Spinach 92% Water
 Tomatoes 94% Water	 Grapefruit 90% Water	 Lettuce 96% Water
 Celery 95% Water	 Broccoli 92% Water	 Carrots 90% Water
 Watermelon 96% Water		

Healthy Living



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



January 2017

The Field of Plenty

Donation Community Garden

Eating healthy does not have to be expensive. With a little get up and go and armed with some knowledge, you can grow quite a variety of delicious vegetables.

The Field of Plenty is offering four simple workshops on Saturday, January 29th, that teach how to have good garden soil (it's easier than you think), how to plant your veggies, how to save your seed for the next planting, and how to cook the foods you grow! We'll also demonstrate how to create a keyhole garden that has a small six foot diameter footprint and incorporates your compost directly into your garden.

The Field of Plenty's garden mission is not only about sharing fresh fruits and vegetables to help alleviate food insecurity in our local community. The Field of Plenty will be hosting gardening workshops quarterly to encourage all in our community to eat healthy and to learn how to supplement their grocery budget with fresh, homegrown vegetables.

The Field of Plenty has already supplied over 1300 pounds of produce to Orange Christian Services this year. In the world of food insecurity, a pound of produce is equivalent to providing one meal!

The Field has a dedicated group of volunteers who have made this all happen. Come join The Field of Plenty team. It's fun, rewarding, and you can grow in your gardening knowledge and skill while providing a worthy service. If you would like to help, contact us by phone, email, or Facebook.

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

The Field of Plenty Presents...

Eat Healthy and Grow a Vegetable Garden Class



Now is the time to think about gardening...for the next year! Join The Field of Plenty and the Texas A&M AgriLife Extension Service with hands-on training at The Field of Plenty on Saturday, January 28, 2017.

In the morning, we will host three 45 minute workshops on how to select seeds to plant if you would like to save your own seeds, how to plant a vegetable garden, and how to prepare foods from the garden!

In the afternoon, we will demonstrate how to build a keyhole garden and go over the basics of composting.

Email: thefieldofplenty@gmail.com
 Facebook: <https://www.facebook.com/fieldofplenty>

FREE WORKSHOPS

- Beginner's Seed Saving 9:00—9:45 a.m.
- Vegetable Garden Basics 10:00—10:45 a.m.
- Cooking what you Grow 11:00—11:45 a.m.
- Composting Basics 1:00— 1:30 p.m.
- Keyhole Gardens 1:30 —2:30 p.m.

You can attend one or all the classes. Please call the AgriLife office at 409-882-7010 to preregister so we'll know how many to expect. If you forget, come on anyway!

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



The Field of Plenty is a donation community garden dedicated to helping feed the hungry in our community.

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

Sherri Jones 409-553-9823

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

Robert Caffey 767-6222



Club meetings continued on next
column.

new club

Speak 4-H

(public speaking)

4th Mondays

6pm @4-H Office

JANUARY will be visiting a TV
station

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

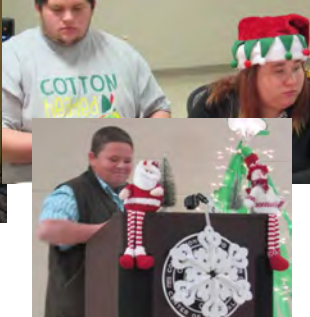
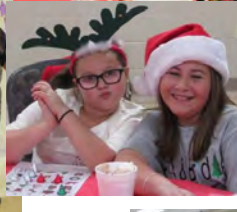
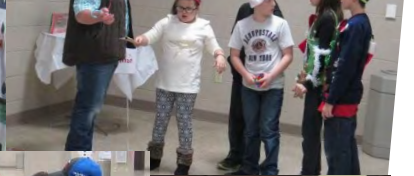


Robotics Meeting

January 3rd

6pm

4-H Office



YMBL-South Texas State Fair
January 17th—Roaster Pickup
YMBL Office from 4pm-6pm

February 1st
Rabbit Entry Deadline at 4-H Office
Open Cattle Entry Deadline

February 14th—Broiler Pickup
YMBL Office from 4pm-6pm

February 23rd
Brahman Entry Deadline

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

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.



The 44th Annual Hardin County Youth Fair

Saturday, January 14, 2017

Check in: 6:30-8:30 a.m.

Show begins at 9:00 a.m.

Entry Fee: \$25.00

John Blair Pavilion 3677 Hwy 326 Kountze TX 77625

PIGS * LAMBS * GOATS * STEERS * HEIFERS

Pigs, Lambs, & Goats broke by weight

Steers broke by Division & Weight

Heifers broke by Division & Age

Junior & Senior Showmanship \$5 at the Gate

Pee-wee Showmanship Free!

Awards

Buckles for All Grands Species and Showmanship

Other Prizes for Reserves and Divisions

CONTACT INFO: STEPHANIE HOPPE (409) 998-4105, BUBBA CARNEY (409-781-7005, LEAH MCINNIS (409) 651-4933, PAULA GUAJARDO (409) 781-8723

HCF&AYA

MARY'S BUCKLE BATTLE

Benefit Jackpot Show for Mary Brottem



February 4, 2016

HCF&AYA Show Barn @ 3677 N Hwy 326, Kountze, TX 77625



CHECK IN: 6:30 A.M.-8:30 A.M.

SHOW STARTS @ 9:00 A.M.

*****ENTRY FEE: \$25.00 PER HEAD*****

PIGS*LAMBS*GOATS*STEERS*HEIFERS

JUNIOR & SENIOR SHOWMANSHIP-\$5.00 AT GATE

****BUCKLES FOR GRAND, PRIZES FOR RESERVE & OTHER PLACINGS****

Pigs, Lambs & Goats broke by weight

Steers broke by Division & Weight

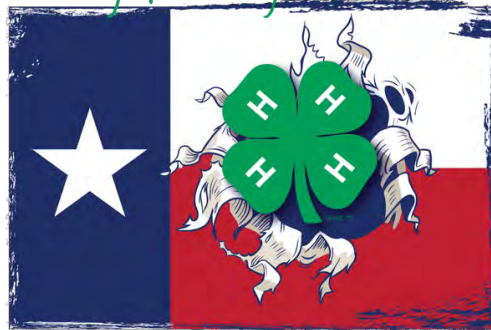
Heifers broke by Division & Age

Silent Auction & Concession Also

CONTACT INFO: STEPHANIE HOPPE (409) 998-4105, BUBBA CARNEY (409-781-7005, LEAH MCINNIS (409) 651-4933, PAULA GUAJARDO (409) 781-8723

Greetings from Big Time in D-9

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



Open to 4-H
Members
Ages 8 to 18

Southeast District 9 4-H Roundup

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 participation 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 i2wll 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.

For more information on each contest go to D94-h.tamu.edu

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

Show Order Swine, Lambs, Goats, Steers, Heifers, Bulls and Open Goat		
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—JANUARY 2017 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy New Year	2 4-H Office Closed Recordbook 6pm	3	4	5 Livestock Judging 6pm	6	7
8	9 Dusty Trails 7 pm	10 Mighty Pirates 7 pm	11	12 Club Managers meeting 6 pm Livestock Judging 6pm	13	14
15	16 All HEART 1pm Boots & Bridle 6 pm	17 Roaster pickup YMBL 4pm-6pm FN/Cooking 6 pm	18	19 Livestock Judging 6pm	20	21
22	23 Speak 4-H 6pm	24 Sewing 6 pm	25	26 Livestock Judging 6pm	27	28
29	30	31				

ORANGE COUNTY 4-H—FEBRUARY 2017 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 4-H Ofc dead- line YMBL Rabbit Entries	2 Livestock Judging 6pm	3	4
5	6 ALA 6 pm Council 6:30	7 Recordbook 6 pm	8	9 Livestock Judging 6pm	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 & Bridle 6pm	21 FN/Cooking 6pm	22 4-H ofc deadline Open Cattle Entry YMBL	23 Livestock Judging 6pm	24	25 Orange County Livestock Classic
26	27 Speak 4-H 6pm	28 Sewing 6pm				

Slow Cooker Black Eyed Pea Soup

Serving Size: 1 1/2 cups Servings Per Recipe: 5

- 1/2 pound dried black eyed peas
- 2 cups vegetable broth
- 1 cup water
- 6 carrots, chopped
- 2 ribs celery, chopped
- 1 medium onion, chopped
- 1 teaspoon garlic powder
- 1 teaspoon seasoning (basil, dried oregano, rosemary, or sage)



Rinse and sort black eyed peas to remove any dirt or debris.
 Place all ingredients in the slow cooker and mix.
 Cook on low for 8 hours

Tips:

This recipe can be prepared on the stovetop. Use 2 additional cups of water and cook for 2 hours on medium. Stir occasionally. For safety, cook on a back burner.
 All fresh vegetables need to be washed under running water before using. Always use a clean knife and cutting board for fresh vegetables.

Nutrition Facts:

Amount per serving: calories 200, total fat 1g, cholesterol 0mg, sodium 450mg, total carbohydrate 39g, dietary fiber 8g, sugars 9g, protein 12g.

www.extension.iastate.edu/foodsavings.

1. Drink Water. It's what you're made of!		6. Eat your fruits.	
 2. Do your exercise!		7. Eat your vegetables.	
3. Breathe fresh air.		8. Eat Whole Grains.	
 4. Go outside when the sun is out.		9. White if you choose meat.	
5. Learn to relax.		10. Get to bed on time.	

Turn your Car into a Smart Car for 2017

While you are waiting for smart cars — also referred to as driverless cars — to be mass produced, you may be able to create your own “Smart Car” in 2017. The main incentive for smart cars is that they will eliminate driver error from causing a crash. Studies show that most crashes are in fact due to driver error. So, here are some steps that you can take to make your car as driver-error free as a new Smart Car.

Smart cars will not suddenly drift out of their lane, which is usually due to driver distraction. Multi-tasking behind the wheel is dangerous. Change your driving habits so that you will always be focusing on the road ahead and prepared for any sudden changes. That means eliminating distractions while driving, such as shutting off your cellphone and other devices that take your eyes off the road, refraining from eating, drinking, reading, grooming, smoking, and any other activity that takes your mind and eyes off the road, will eliminate more driver-error and create safer roadways.

Smart cars will not get caught speeding — and neither should yours. Drive the posted speed limit and reduce your speed when conditions are not optimal, including at night when visibility is lower. Slow down when the roadway is wet or icy, or if there is a limit on visibility due to fog.

Smart cars will also not be following the car in front of them too closely, which is the cause of many rear end collisions. Make sure to leave a good distance between your car and the car in front of you so you will have plenty of time to react in case of an unexpected change ahead.

Smart cars will not be driven by impaired drivers, either through the use of alcohol, drugs or lack of sleep. Take action to make sure you are always fully alert and not driving impaired or drowsy. If needed, make sure to have a designated sober driver.

Most importantly, smart cars will not be traveling with unbuckled occupants. Making sure that all of your passengers, young and old, are properly buckled up is one of the smartest steps you can take to prevent injuries and deaths due to a traffic crash. Remember that passengers in the front and back need to be buckled up. Check with a certified child passenger safety technician to make sure that your car seat is appropriate for the child's age, weight, and is installed correctly facing the right direction.

Texas A&M AgriLife Extension Service Agent Fallon Foster, Orange County reminds drivers that being a smart driver in 2017 will help save your life, as well as the lives of your passengers and others on the road.



10 fun facts about Smart Car

1. While the primary factory for Smart Automobile is located in Hambach, France, its headquarters are in Boblingen, Germany.
2. The original and unique design of the first model backed by Volkswagen is one of the most persistent and lasting Smart Car variants and is now dubbed as the Fortwo.
3. Smart Cars have great design and performance improvement capabilities and are sought after for the same reason, along with its compact form factor.
4. Smart Automobile came into existence with the successful partnership between SMH (makers of Swatch) and Daimler-Benz.
5. **Smart was originally an acronym for ‘Swatch Mercedes Art’ before it was adopted as a neutral company name by MCC and Daimler-Benz.**
6. As of today, Mercedes-Benz operates Smart under its patronage and only offers the Fortwo to the market.
7. The third gen Smart ED or the Smart electric drive launched in the United States and Europe at the end of 2013.
8. In the United States, the Smart Fortwo is at the top of the list of most fuel-efficient cars with a gasoline engine.
9. The Penske Automotive Group gave over the distribution, sales and marketing of the microcar company to Mercedes-Benz in 2011.
10. Smart Cars are known to have passed highest global crash and passenger safety test Standards that ensure a safe and pleasant driving experience.





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 .

Soil Testing

It is time to conduct soil testing in lawns, hay fields, pastures, and gardens. Make sure that you indicate to the lab that you want a lime analysis as well. Agriculture lime will take an extended time to be active in the soil depending on the locations it is applied. You can get soil test kits at the Orange County Extension office. 409-882-7010.



Soil Sample Testing

You will mail your sample directly to
 Soil, Water and Forage Testing Laboratory at
 Texas A&M

Annual, Flowers and Gardens, Turfgrass, Trees and Woody Ornamentals
 Routine Analysis ®
 \$10 per sample
 (pH, No3-N, P, K, Ca, Mg, Na, S and Conductivity)
 This test is a base test for basic fertilizer recommendations.)

Forage: Grazing, Hay, Grazing and Hay
 Routine Analysis ®
 \$10 per sample
 (pH, No3-N, Conductivity and Mehlich III by ICP P, K, Ca, Mg, Na, and S)

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

Return Service Requested

Salmon Patties



What you need:

Utensils:

- Measuring cups & spoons
- Cutting board & knife
- Can opener
- 3 mixing bowls
- Mixing spoon
- Fork
- Spatula
- Skillet

Ingredients:

- ¼ cup finely minced celery
- 2 tablespoons finely minced green onion
- 1 tablespoon finely minced bell pepper
- ½ cup chopped onion
- 1 can (15 ounces) boneless, skinless salmon
- 1 tablespoon lemon juice
- 2 medium eggs, beaten
- ½ cup bread crumbs
- 2 tablespoons flour
- 2 tablespoons vegetable or canola oil
- cold water
- pepper to taste

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Drain salmon liquid into a mixing bowl, add lemon juice and enough cold water to salmon liquid to make ½ cup.
4. Place salmon in a separate mixing bowl.
5. Wash and cut celery, green onions, bell pepper and white onion. Add to salmon.
6. In a separate bowl, beat eggs then add eggs to salmon.
7. Mix all remaining ingredients into salmon mixture.
8. Add ½ cup of salmon liquid to salmon mix.
9. Fill a ½ cup with salmon mixture and gently place onto skillet.
10. Repeat to make 6 patties.
11. With spatula, flatten each ½ cup portion on the skillet into ½ inch thick patties.
12. Cook patties until golden brown on each side.
13. Remove patties from skillet and place on a clean paper towel to drain.
14. Serve immediately.

Prep Time: 15 minutes

Cook Time: 15 minutes

Cost per serving: \$0.64

Nutrition Facts	
Serving Size 1 pattie	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 105mg	36%
Sodium 350mg	15%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 22g	
Vitamin A 6%	Vitamin C 6%
Calcium 4%	Iron 10%

Make meals and memories together.

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