

# 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

July 2017



QuotesIdeas.com

And I'm proud to be an American,  
where at least I know I'm free.  
And I won't forget the men who died,  
who gave that right to me.  
~Lee Greenwood~

Let every nation know, whether it wishes us  
well or ill, we shall pay any price, bear any  
burden, meet any hardship, support any  
friend, oppose any foe, to assure the  
survival and success of liberty.

John F. Kennedy



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

# Family & Consumer Science



August 16th  
**FOOD HANDLER'S COURSE**  
3 pm to 5 pm



**To PRE-REGISTER Call**  
**409-882-7010**  
Class will be held at  
**AgriLife Extension Office**  
**11475 FM 1442 Orange**

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

**Class taught by ,Fallon Foster, M.P.H. Family & Consumer Agent**

**Walk & Talk**  
**with a Fresh Start**  
**to a Healthier You!**



**WALK &**  
  
**TALK**

**Wednesday Mornings**  
**during the month of August**  
**at 9 am**  
**Raymond Gould**  
**Community Center Gazbo**  
**385 Claiborne St**  
**Vidor**  
**Call 409-882-7010 to RSVP**



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

Class taught by Tommy Byers, Program Assistant,  
Better Living for Texans

# Family & Consumer Science



# Family & Consumer Science



# FOOD CHALLENGE DAY



# Family & Consumer Science



## AWARDS DAY



## Family & Consumer Science



# It's Hurricane Season Time to Prepare



Before you evacuate to a shelter, another city or out-of-state, use this checklist to prepare your travel plans. You might want to gather some plastic storage boxes, heavy-duty plastic bags and duct tape to help with your packing. Here's what you need to do.



- Fill your gas tank
- Charge your mobile phone
- Take cash, checkbook and credit cards
- Take a back-up of your hard drive/computer files
- Get a map of your route
- Identify gas stations and restaurants on your route
- Call your family emergency contact
- Take your Grab-and-Go Kit

Before you leave your home, divide your disaster kit into two parts. In the trunk, put the items you won't immediately need while on the road. Inside the car, keep the necessary items that will aid you on your journey. Use the checklists below to separate your items.

### Inside the Car

- Emergency phone numbers
- Driver's license or ID card
- Passport
- Proof of residence (utility bill, lease, etc.)
- Prescriptions and medical papers—if you use a local family own pharmacy be sure to take with you an extra written prescription)
- Flashlights
- Mobile phone charger (car plug adapter)
- Food and drinks
- Water
- Medicine
- Games
- Maps
- Reading and sun glasses
- Checkbook



### In the Trunk

- Batteries
- Clothes
- Toiletries
- Bedding
- Paper products
- Tool kit
- Fix-A-Flat
- Disaster food supply
- More water
- Medicine
- Mobile phone charger (for standard electrical outlets)
- Battery-operated radio, TV and lights



# 4-H/Youth Development

## ORANGE COUNTY LIVESTOCK SHOW October 13<sup>th</sup> and 14<sup>th</sup> 2017

**Tag-In July 8<sup>th</sup>, 2017**  
At the livestock barn in Mauriceville  
**From 8 am to Noon**

Participant: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Chapter Or Club: \_\_\_\_\_

**\$25 per Entry**  
*(No Refunds)*

Fill in all that apply

**Lamb** <sup>Tag #</sup> \_\_\_\_\_ **Goat** <sup>Tag #</sup> \_\_\_\_\_ **Swine** <sup>Tag #</sup> \_\_\_\_\_ **Roasters** \_\_\_\_\_

Total Number of Entries \_\_\_\_\_ X \$25.00 = \$ \_\_\_\_\_  
Number of Roaster \_\_\_\_\_ X \$2.00 = \$ \_\_\_\_\_ (minimum of 10)

Total Due = \$ \_\_\_\_\_  
Cash \_\_\_\_\_ Check \_\_\_\_\_

**Roaster will arrive Friday August 4, 2017**  
**You may pick up Roasters at the AGRILIFE OFFICE**  
**11475 HWY 1442 409-882-7010**

**Pick Up time to be Determined**

I, \_\_\_\_\_, acknowledge a receipt of a copy of the 2017 Orange County Livestock Show Rules.

P.O. Box 1084  
Vidor, TX 77670-1084

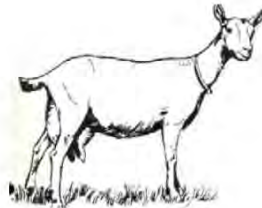
# OCLSA

PRESENTS

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## SUMMER YOUTH OPEN GOAT SHOW

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**Saturday, July 8, 2017**

**\*Unsanctioned\* Standard Dairy, Mini Dairy and Pygmy Breeds show.**

Open to all youth up to age 18 (as of January 2017)

*Orange County Livestock Show Barn ~ 5319 Arnel Rd ~ Mauriceville, TX*

*(Crawfish Festival Fairground)*

**Awards: *Grand Champion Division: Belt Buckle and \$100, Reserve \$50***

*(Ribbons and other prizes available)*

Classes divided from age groups in wether, doe, buck categories

Entry fee \$25 per animal. Checks payable to OCLSA at check in.

Check in from 8:30 to 9:30 am. Show starts at 10 am.

You may preregister by providing the child's name, goat name, DOB, sex, breed and send to:

[beckyawebb7054@gmail.com](mailto:beckyawebb7054@gmail.com) animal does NOT have to be registered to be shown. Questions: contact Becky Webb 409-882-1766 or above email.



# 4-H/Youth Development

**Will Not meet during the months  
Of July**



**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**

May, will be going on camping trip.  
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



**PROJECT GROUPS WILL NOT MEET**

**DURING JULY.**

**MOST PROJECTS GROUPS WILL RESUME**  
**IN AUGUST.**

**ROBOTICS WILL RESUME IN**  
**SEPTEMBER.**



“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

## 4-H/Youth Development

# Livestock 2017-2018

July 13th

4-H Office Deadline

YMBL South Texas State Fair 2018

Steer tag orders \$2 each

AND F-1 HEIFER TAGS



Entry Night at the 4-H Office

for

Dallas State Fair

&

San Antonio Calf Scramble

Thursday, August 10th

7 pm



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.*



**Exhibitors showing livestock at Major shows & Dallas State Fair need to be verified with a quality counts number once as a junior and once again as a senior.**

**Juniors 8 and in the 3rd grade through 13 years of age as of the previous August 31st.**

**Senior is 14 years or older as of the previous August 31st.**

Go to [agrilife.org/qualitycounts](http://agrilife.org/qualitycounts)

## 4-H/Youth Development

### JULY 2017—4-H LIVESTOCK

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8 Orange County Live-stock Show Tag-In @ Barn 8 am to
9	10	11	12	13 4-H Office deadline for YMBL Steer & F-1 heifer tag	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**4-H'ers showing Poultry at the Orange County Livestock Show MUST be at tag-in to pick up birds and complete entry.**

### AUGUST 2017 4-H CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 <u>Dallas Fair and San Antonio Scramble</u> <u>Entry night at 4-H Ofc 7pm</u>	11	12
13	14	15 New 4-H year early bird enrollment opens on 4-H Connect.	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Agriculture/Natural Resources**

Notice: DATE AND LOCATION CHANGE

# 5 Hour Pesticide CEU & Private Pesticide License Training

July 8, 2017

8:30 Registration

9:00 AM - 3:00 PM

\$25 / \$60\*\*

Lunch Included

Orange County

Convention & Expo  
Center-Dupont Room

11475 FM 1442

Orange, TX

### Topics:

- Pest Management
- Turf Management
- Pond Management
- Pasture & Brush Management
- Ant Control

\*\* If you are taking the Private Pesticide License Training an additional \$35 is for the training manual. This is optional.

**Deadline to register: July 5, 2017**

Go to [orange.agrilife.org](http://orange.agrilife.org) and click on the

**"CEU/Pesticide Training Registration" tab to register.**

**If you do not have computer access, call 409-882-7010.**



Ashlee Krebs  
CEA—AG/NR  
Orange County  
409-882-7010

Aaron Sumrall  
CEA—AG/NR  
Newton County  
409-379-4831

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.

## Master Gardener

### East Texas Gardening for July

By: Keith C. Hansen, Extension Horticulturist, Smith Co.—Tyler Texas



#### LAWN CARE:

Lawns at this time of year are rapidly growing and need frequent mowing. The best lawns will be those that are mowed regularly. If you mow often enough, you can return the clippings back to the lawn. The rule of thumb is to not remove more than 1/3 of the length of the blades per mowing. This may mean mowing every 5 or 6 days instead of once a week (or less). Removing more than 1/3 is stressful on the lawn, and will tend to leave visible clippings on top of the grass.

As rainfall becomes less regular, irrigation will be need to be more frequent. Lawns need about 1 inch of water per week. This can be supplied in one or more applications per week, depending on the soil type and how hot and dry the weather has been. Sandy soils need more frequent watering, as do newly planted lawns.

Watch out for lawn pests. Chinch bugs multiply rapidly in warm weather, and their feeding causes St. Augustine grass to look like drought stress. No treatment is needed until symptoms first appear. Look for wilting grass which does not respond to water. The grass will continue to dry, giving it a burned look. Look for tiny, 1/6 to 1/5 inch bugs scurrying quickly up and down grass blades and or scurrying to hide down in the thatch. Flooding the perimeter area with water, or soaking the edge with soapy will drive them up from the thatch onto the grass blades where they are more easily seen. Damage usually occurs first in the hottest and driest parts of the lawn.

July and August is also the time to treat for white grubs if there is a problem. Treatment is based on whether grubs are present in the turf and the way to find out is to dig a few test areas and look for the small grubs in the soil. Not all lawns will have grubs and excessive use of pesticides can lead to other turf problem and contamination of sewer discharge, so it is better to check first rather than automatically treat.



**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 .**

## Summer Fresh Corn and Zucchini Chowder

Serves 6-8

- Tbsp. butter
- 2 strips bacon, chopped
- 1 cup chopped yellow onion, about ½ large onion
- 2 celery ribs, chopped (1/3 cup)
- 1 medium carrot, peeled + chopped (1/2 cup)
- 2 garlic cloves, minced
- ½ tsp. dried thyme
- 2 medium (1 lb.) russet potatoes, peeled, diced into ½-inch cubes
- 4 cups water
- 1 bay leaf
- 4 ears of sweet fresh corn, husk + silk removed and kernels cut from cob (2¾ cup corn)
- 1 medium zucchini, diced into ½-inch cubes, (1½ cups)
- 1 cup half and half
- salt and fresh ground black pepper
- chopped fresh parsley, to garnish
- cayenne pepper, to serve, optional



1. In a large heavy-duty bottom stockpot or dutch oven, melt butter over medium heat. Add bacon and cook until bacon renders its fat and begins to brown, about 3-4 minutes.
2. Add onion, celery, carrots, garlic, and thyme; cook until vegetables begin to soften, stirring couple times, about 5 minutes.
3. Add potatoes, water, and bay leaf. Raise the heat to medium high and bring to a simmer, then lower the heat back to medium and simmer for 8-10 minutes or until the potatoes are halfway cooked.
4. Add zucchini and corn; season with salt and pepper, to taste, and simmer for additional 8-12 minutes or until the vegetables are completely tender.
5. Discard the bay leaf and then transfer 2 cups of chowder to a food processor or blender; puree until smooth. Stir the mixture back into the pot. Add half and half and cook just until heated through. Taste for salt and pepper. Serve garnished with fresh chopped parsley and sprinkle of cayenne pepper, optional.

Serving Size 1 cup

Nutrition Facts: Calories 173; Total Fat 8.5g; Saturated Fat 4.2g; Cholesterol 19.8mg; Sodium 375.4mg; Total Carbohydrate 21.6g; Dietary Fiber 2.3g; Sugars 5.5g; Protein 4.8g

Author: Katya@<https://littlebroken.com>

## Healthy Fudgesicles Recipe

1 can (14 fluid ounces) full-fat coconut milk or coconut cream

¾ cup (6 fluid ounces) milk (any kind, just not nonfat)

3 tablespoons unsweetened cocoa powder

8 ounces dark chocolate, chopped



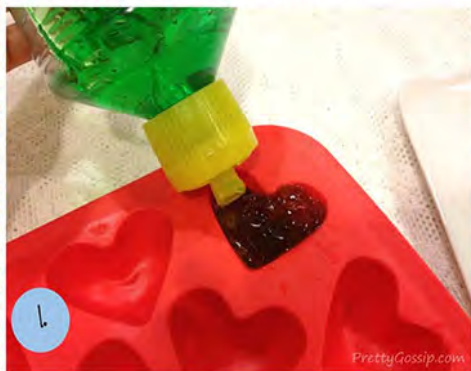
In a medium-size, heavy-bottom saucepan, place the coconut milk or cream, milk, and cocoa powder, and whisk to combine well. Place the pan over medium-low heat and bring to a simmer.

Add the chopped chocolate to the pot and whisk until the chocolate is melted. If you're using a vertical mold, pour the mixture into popsicle molds and place in the freezer for at least 6 hours or until frozen. Unmold and serve. If you're using a horizontal mold, allow the mixture to sit at room temperature for about 10 minutes or until it begins to thicken. Pour into popsicle molds and freeze for at least 6 hours or until frozen. Unmold and serve.

# Family & Consumer Science

## {Homemade} Cooling Sunburn Treatment

By PrettyGossip.com



### life hacks #603

If you're swimming towards the shore and find yourself moving out, you're caught in a rip tide. You must swim parallel to the shore to escape it.



## Summer schedule

### LAZY MONDAY:

Take it easy & just relax! Watch a movie, play in the backyard, play with blocks, color, just do something easy!

### TAKE A TRIP TUESDAY:

Visit a museum. Take a trip to the zoo. Walk to the park. Have a picnic. Meet friends for ice cream. Just go!

### WHAT'S COOKING

### WEDNESDAY:

Cook something new today. Have fun in the kitchen!

### TRY A CRAFT THURSDAY:

Try a new fun craft idea. Make play-doh. Finger paint. Make beaded necklaces. The options are endless!

### FUN FRIDAY:

Do something fun, anything!





## Salmon Pasta Salad

1 can salmon, drained, bones and skin removed  
1/2 bag (8oz) whole wheat rotini, cooked  
1 1/2 cup cherry tomatoes (or 14.5 oz can diced tomatoes, drained)  
1 small onion, chopped  
1/2 cup canola oil  
1/3 cup lemon or lime juice  
1 garlic clove (or 1/4 tsp garlic powder)  
Salt and pepper to taste  
1 head lettuce, torn

1. Toss the pasta, salmon, tomatoes, onion and corn\* in a large bowl.
2. Mix in oil, lemon or lime juice, garlic, and dill.\*\* Add salt and pepper to taste.
3. Cover and chill for 15 minutes. Serve over lettuce.

Pro-tip: Salmon is a great source of omega-3 fatty acids, and important nutrient!



\*Optional: 1 can corn, drained  
\*\*Optional: 1 1/2 teaspoon dill

Nutritional Information (per serving): 225 calories, Carbohydrate 24g, Fat 15g, Protein 3g, Dietary fiber 10g.  
Recipe contributed by Brazos Valley Food Bank to Recipes in a SNAP! Meals in 30 minutes or less