

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

June 2017



June 18th



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



Family & Consumer Science

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

Another GREAT
year! See ya next year!



4-H/Youth Development

The Texas A&M AgriLife Extension
Orange County Presents:



Day Camp Adventures Nature

Youths Ages 5—8

August 1st-3rd 1 pm to 4 pm

At the Orange County Convention & Expo Center

Registration form and fee of \$20 due by July 17th

Registration will Open online June 1st.

To Register: go to orange.agrilife.org and click on the **Clover Kids Camp Registration** tab or go to the link: <http://orange.agrilife.org/clover-kids-camp-registration/>

Come experience the fun of what 4-H has to offer for the 4-H clover member.
FUN. FUN. FUN!

TEXAS A&M
AGRI LIFE
EXTENSION

409-882-7010



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

Family & Consumer Science

Hydration & Your Body

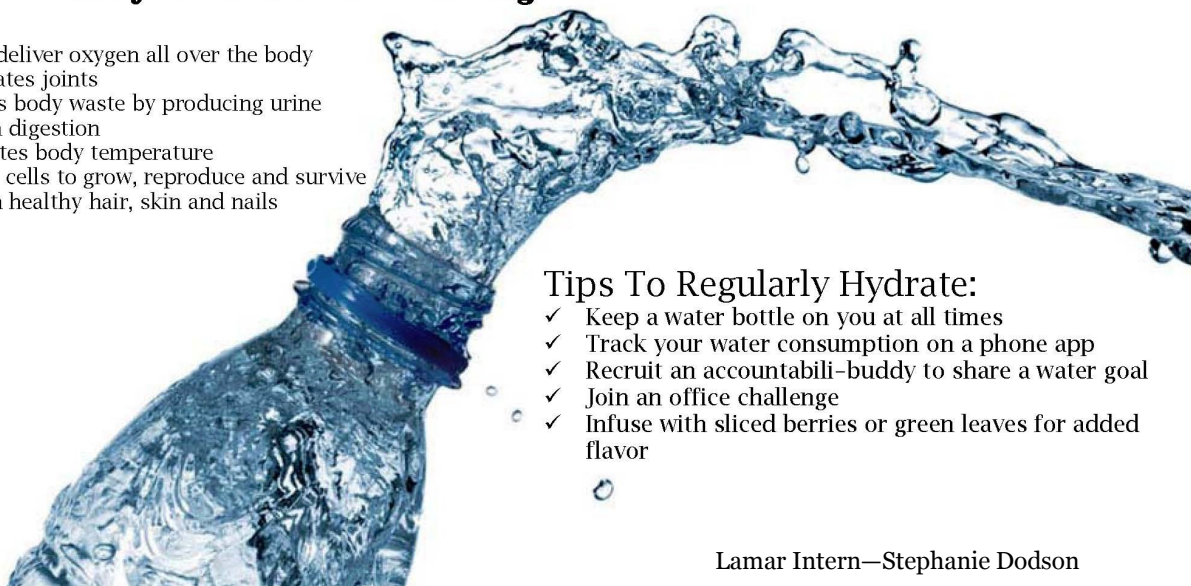
As the summer months are approaching, properly hydrating your body is key to avoiding dehydration and heat stroke. As much as 60% of the human body is made of water. If you feel thirsty, you're already dehydrated!

Remember the 8x8 Rule!

Aim for at least 8 glasses of 8 ounces of water each day

Water has many health benefits including:

- Helps deliver oxygen all over the body
- Lubricates joints
- Flushes body waste by producing urine
- Aids in digestion
- Regulates body temperature
- Allows cells to grow, reproduce and survive
- Aids in healthy hair, skin and nails



Tips To Regularly Hydrate:

- ✓ Keep a water bottle on you at all times
- ✓ Track your water consumption on a phone app
- ✓ Recruit an accountability-buddy to share a water goal
- ✓ Join an office challenge
- ✓ Infuse with sliced berries or green leaves for added flavor

Lamar Intern—Stephanie Dodson



We are looking for Adult Volunteers for
our

Youth Cooking Camp

June 12—16th

If you like helping with youth ages
8—14 then this is the perfect opportunity,
Call the AgriLife Office at 409-882-7010 for
further details.

4-H/Youth Development

Table Manners & Etiquette for Youth Ages 8-14

Online Registration Opens May 24th

2 Part Series

July 24th & 25th, 2017

9 am to 1 pm



AgriLife Extension Office

11475 FM 1442, Orange



To register go to: orange.agrilife.org
click on the Manner & Etiquette Tab

Cost \$10 per person. Payment deadline Monday, July 10th



Don't wait till payment deadline to register. Class may already be filled.

Family & Consumer Science

Youth Canning Class for Ages 8-14

Online Registration Opens May 24th

Wednesday, July 26, 2017

9 am to 1 pm

Texas A&M AgriLife Extension Orange County

Class limited to the first 15 to register.



To register go to:
orange.agrilife.org
click on the

Youth Canning Class tab

409-882-7010

*Don't wait till payment deadline
to register, class may be full.*

\$25 per person with lunch included
Payment Deadline
Monday, July 10, 2017



Family & Consumer Science

Hello Readers,

Today's topic is a little different as far as when we discuss nutrition and relationships with food. Many times we notice that we reach for different foods depending on what we have going on in our lives. For every person, this will vary based on emotions attached to foods, past experiences with foods and maybe even something as simple as ability to prepare certain foods.

This blog topic I want to focus on the idea of mindful eating, and how everyone can reap the benefits.

Mindful Eating-
involves bringing to one's full attention the process of eating to all the senses of taste, smell, thoughts and feelings that arise during a meal



The 5 D's to Mindful Eating

1. **Delay-** wait 10-15 minutes before deciding to eat
2. **Distract-** Divert your attention towards something else
3. **Distance-** Step away from the party platter, candy dish, etc. to avoid triggers to "pick" and snack
4. **Decide-** Ask yourself if this coincides with your goals. Can you portion the food into moderation and enjoy that little bit?
5. **Determine-** Are you going to decide to eat the food at this moment and how much of it will allow you to fulfill your craving?

Mindful eating is a learned practice. The best approach is to begin with small steps. For example, make a goal to eat at the dinner table with your family 3 days this week. Remove any distractions such as the tv, newspaper, or cell phone. Save your beverage for after the meal. All of these can help you savor each bite of food, making it less likely for you to overeat or quickly return for more. Small steps result in big changes!

Enjoy,
Agrilife

Lamar Intern—Stephanie Dodson



4-H/Youth Development

HORSEMANSHIP CLINIC 101 FOR ADULTS AND YOUTH



Monday, June 26, 2017 5-7 P.M.

Tuesday, June 27, 2017 5-7 P.M.

Tin Top 2 Arena & Event Center

3810 Old Peveto Rd, Orange, TX 77632

\$10 dollars for registration

Registration Opens: April 17, 2017

Registration Deadline: June 19, 2017

Dinner provided both days.

Bring your coggins and horse on Tuesday. We will be riding.

NON-RIDERS WELCOME!! PLEASE, NO STUDS!!!

Please register by calling the



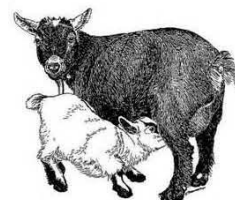
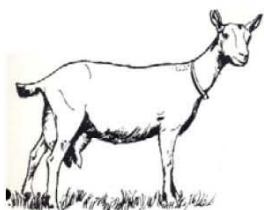
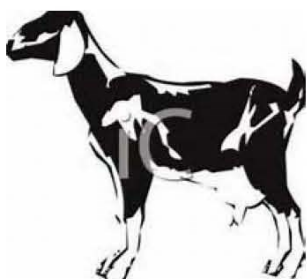
**AgriLife Office
409-882-7010.**



OCLSA

PRESENTS

SUMMER YOUTH OPEN GOAT SHOW



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 animal does NOT have to be registered to be shown. Questions: contact Becky Webb 409-882-1766 or above email.

4-H/Youth Development

Congratulations to our D-9 Roundup "Fashion Story Board" Winners

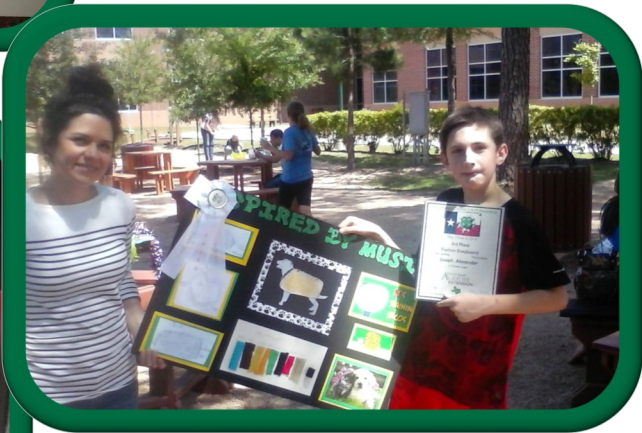
Sean 1st



Sienna 1st



Jordyn 1st



Joseph 3rd



Walker 3rd



Aleigh 2nd

Our Senior contestant
Sienna will advance
to State Competition
in June.



Good Luck Sienna

4-H/Youth Development



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

Clay Busters 4-H Shooting Sports

Meets Tuesdays, January–August

Orange Gun Club

John Bilbo, 882-4284

Robert Caffey 767-6222



PROJECT GROUPS WILL NOT MEET

DURING JUNE & 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

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

4-H/Youth Development

JULY 2017—4-H LIVESTOCK

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	1 8 Orange County Livestock Show Tag-In @ Barn 8 am to
9	10	11	12	13 4-H Office deadline for YMBL Steer tag order	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 Dallas Fair and San Antonio Scramble Entry night at 4 -H Ofc 7pm	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		

Family & Consumer Science

Good morning friends!

As this southeast Texas weather is beginning to warm up, summer activities and vacation planning may begin to overwhelm us, rendering us to ask ourselves how we don't have more time in the day to get done what we planned!

As with anything else, I want to help make life – and cooking with healthy choices easier on your schedule no matter what your goal may be. With that being said, I wanted to reintroduce the ever-so-timeless crockpot! The crockpot is perfect for versatile recipes and matched by none other with its “throw and go” cooking style.

From meats to veggies – I wanted to share this past week's recipes that I have enjoyed as well as ideas I plan to try next week! This past week was filled with internship rotation, studying for finals, and wrapping up this semester's major case study paper and presentation. Early mornings and late nights were my schedule to say the least. Looking back, my Sunday meal prep truly saved me to get after my work in the evenings instead of worrying about reaching for the drive-through window or a pricey pre-made salad from HEB. Wasting time, money and eating empty calories were all avoided thanks to my handy dandy crockpot!

So some recipes I used this week were my Shredded Salsa Chicken and my Spaghetti Squash:

Shredded Salsa Chicken

2 skinless, boneless chicken breast
2 cups of salsa
½ can of pineapple, drained

Combine all ingredients into crockpot. Place on high setting for 4 hours. At 3 hours, shred chicken.

Spaghetti Squash

1 large spaghetti squash

Add about 1 inch of water to bottom of crockpot. Cook on high for 4 hours. Split spaghetti squash in two. Scoop out seeds, and fork out tender spaghetti squash.

The shredded salsa chicken was very versatile as I packed it as a part of my lunch salads throughout the week. I'm not a huge fan of dressings, so the salsa made the chicken salad “wet” enough and saved on a large amount of unnecessary calories. I paired my lunches with a quick orange and trail mix packet on-the-go. For dinner, I threw some chicken on a tortilla, added a sprinkle of cheese, lettuce and dab of hot sauce for some quick tacos. All of this was the result of a quick 90 second microwave reheat.

The spaghetti squash was another simple non-starchy vegetable that I could combine with the shredded salsa chicken or a frozen salmon in my freezer. This vegetable stays tender up to about five days, so any time longer than that should be planned. I simply paired the squash with some chunky tomato spaghetti sauce and re-heated in the microwave as a side for both lunches and dinners this week. It was a nice change in vegetable sides from my usual steamable broccoli and cauliflower bags in the microwave! Dust off that crockpot and reap the many benefits it has as a money and time saver for you and your family! More recipe ideas are also plentiful on Pinterest.com.

Enjoy,
Agrilife

Lamar Intern—Stephanie Dodson

Agriculture/Natural Resources

5 Hour Pesticide CEU & Private Pesticide License Training

June 24, 2017
8:30 Registration
9:00 AM - 3:00 PM
\$25 / \$60**
Lunch Included
1st Baptist Church
of Mauriceville
11540 TX-12
Mauriceville, 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: June 15, 2017

Go to 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.

TEXAS A&M
AGRI LIFE
EXTENSION

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.



Pond Management

2 CEU's offered

Speaker:

Terrie Looney—Extension Coastal & Marine Specialist

June 6, 2017

\$10

6:00 pm—8:00 pm

Orange County
Extension Office

11475 FM 1442,

Orange

409-882-7010



Go to orange.agrilife.org to register

TEXAS A&M
AGRI LIFE
EXTENSION

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

MYTH

ORGANIC GARDENING IS MORE EXPENSIVE AND HARDER TO DO.

FACT

ORGANIC GARDENING CAN BE AN ECONOMICAL WAY TO MAKE FOOD YOURSELF.



Master Gardener

The Continual War on Weeds

One of our most difficult battles to control weeds is against the Chamberbitter weed. This tropical plant loves hot weather and looks like a mimosa tree in miniature.

Controlling it is difficult because it is tough, grows fast, is drought tolerant, and will flower and produce abundant seeds in just 2 weeks. The yellow, ball-like seeds of *Phyllanthus urinaria* develop under the leaves. The seed capsules explode and hurl seeds in many directions away from the plant, allowing it to spread over a large area.



It takes a multi-prong approach to even get the weed down to manageable levels:

- 1) Mechanical controls: Persistent pulling by hand helps, but it is prone to breaking off at the soil level and will survive even though there are no below-ground bulbs or rhizomes to re-sprout.
- 2) Cultural controls: Deep mulching (around 3 inches) will help stop light from reaching the seeds and prevent germination.
- 3) Chemical controls: The common pre-emergent herbicides most gardeners use early when temperatures are around 52 °F are ineffective on Chamberbitter weed since it germinates in very warm soil in the 70 ° F range to germinate. An additional application when it is hot and dry is required. Several applications (7 to 10 days apart) of a post-emergent herbicide are usually required, also. Even glyphosate (which kills nearly everything it touches) has to be used several times to control it. No herbicide will knock it out quickly and permanently, so prepare for a continual battle.

Wanda Woods, Certified Master Gardener
Orange County Master Gardeners



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 .

Cucumber Salsa

What you need:

Utensils:

- Measuring cups & spoons
- Cutting board & knife
- Large mixing bowl
- Mixing spoon

Ingredients:

- 1 cucumber, peeled and chopped
- 1 small avocado, peeled and chopped
- ¼ cup red onion, minced
- 2 tablespoons cilantro, chopped
- 1 chile Serrano, seeded and minced
- 1 clove garlic, minced
- 2 tablespoons fresh lime juice
- 2 tablespoons water

What to do:

1. Wash your hands and clean your cooking area.
2. Combine cucumber, avocado, onion, cilantro, chile, garlic, lime juice, and water. Add salt to taste.
3. Refrigerate before serving.



Let your kids be produce pickers. Help them pick fruits and veggies at the store.



Prep Time: 15 minutes

Cost per serving: \$0.28

Nutrition Facts

Serving Size 1/4 cup	
Servings Per Container 5	
Amount Per Serving	
Calories 80	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 2%



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