

# 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

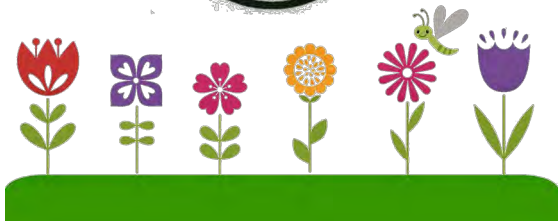
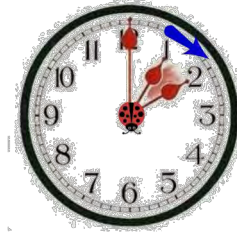
John Gothia

### Commissioner Precinct 4

Jody Crump

# Orange County AgriLife Newsletter

March 2017



## March 12th

We're collecting UPC labels



For our Youth Cooking Camp



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.



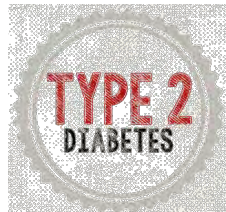
TAKING CONTROL  
OF YOUR  
**Diabetes**

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



**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

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

*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.*



# Why are Vegetables Important?

Eating vegetables provides health benefits – people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

Cup of Green Vegetable Table		
	Amount that counts as 1 cup of Vegetables	Amount that counts as 1/2 cup of Vegetables
Dark Green Vegetables		
Broccoli	1 Cup, Chopped or florets 3 Spears 5" Long raw or cooked	
Greens ( Collard, mustard greens, turnip greens, kale)	1 Cup, cooked	
Spinach	1 Cup, cooked 2 cups, raw	1 Cup, Raw
Raw leafy greens: Spinach, romaine, watercress, dark green leafy lettuce, endive, escarole	2 Cups, Raw	1 Cup, Raw



Daily Vegetable Table		
Children	2-3 Years Old	1 Cup
	4-8 Years Old	1 1/2 Cups
Girls	9-13 Years Old	2 Cups
	14-18 Years Old	2 1/2 Cups
Boys	9-13 Years Old	2 1/2 Cups
	14-18 Years Old	3 Cups
Women	19-30 Years Old	2 1/2 Cups
	31-50 Years Old	2 1/2 Cups
	51+ Years Old	2 Cups
Men	19-30 Years Old	3 Cups
	31-50 Years Old	2 1/2 Cups
	51+ Years Old	3 Cups



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.





## Home & Body Essential DIY Class



## Dance The Day Away

Moving to music is a fun way to be physically active. It is a great way to spend time with friends and family.

Get started today!

## Potato, Black Bean, & Kale Skillet

Serves 4



- 4 red potatoes
- 2 1/2 cups kale (curly Italian or other variety, approx. 6 oz.)
- 2 tablespoons olive oil
- 1 clove garlic (minced)
- 1/4 cup chopped onion
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 can 15 oz. no salt added black beans (drained and rinsed)
- 1/2 cup nonfat plain Greek yogurt

Dice potatoes into 1/4 inch pieces

Chop kale.

Heat oil, in large skillet over medium heat. Add garlic and onions; cook 2-3 minutes until just starting to brown.

Add diced potatoes, chili, salt, and pepper to skillet, cover with lid and cook 8-10 minutes or until potatoes are completely cooked, stirring occasionally.

Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently.

Serve with Greek yogurt.

Nutrition information: Calories 290, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 200mg, Total

## Roasted Cauliflower

Serves 4      Serving size 1 cup

- 4 cups cauliflower (1 small head)
- 1 tablespoon oil (canola, olive, or vegetable)
- 1/4 cup bread crumbs
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 teaspoon garlic powder



1. Preheat oven to 425°F.
2. Wash cauliflower under running water. Cut into florets.
3. Mix cauliflower and oil in a medium bowl.
4. Sprinkle bread crumbs, salt, pepper, and garlic powder on the cauliflower. Stir until combined.
5. Line a cookie sheet with foil and spray with cooking spray. Lay cauliflower out in a single layer.
6. Bake for 15 minutes, stir, and return to the oven. Bake for 10 minutes more or until tender.

Tips:

- Chop the whole head of cauliflower at one time. Pack extra cauliflower florets in snack sized containers for lunches.
- To make your own bread crumbs, preheat oven to 300°F. Put two slices of bread on a cookie sheet. Bake the bread until it crumbles easily (about 15-20 minutes). Seal the bread slices in a plastic bag and crush the bread. Store the leftover bread crumbs in an airtight container in the freezer.

Nutrition Facts: Calories 90, total fat 4g, Cholesterol 0mg, Sodium 150mg, Total Carbs 11g, Dietary Fiber 3g, Sugars 2g, Protein 3g.

Healthy Homemade Nutrition and Fitness Calendar 2017



# 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.



gold



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**



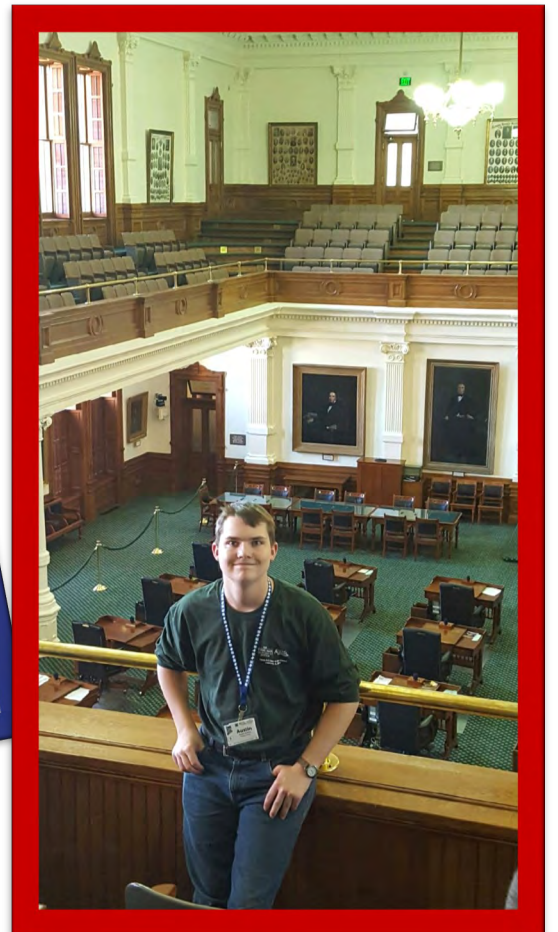
For more information check our website <http://txmg.org/orange>

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









# 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

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

## ORANGE COUNTY 4-H-MARCH 2017 CALENDAR

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

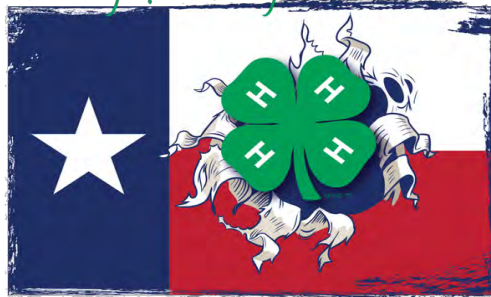
## ORANGE COUNTY 4-H APRIL 2017 CALENDER

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



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

*Greetings from Big Time in D-9*



*Southeast District 9 4-H Roundup*

**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.

**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.



March 7th –26th



March 30th –April 9th



**Graduates**





Have a question, problem or concern about your:

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

**Aggie Horticulture®** 

<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 .



## March 2017

### The Field of Plenty

Donation Community Garden

It is planting time! On March 25<sup>th</sup>, we will plant our raised beds with the spring vegetable crops. The raised beds were prepared on the February 25<sup>th</sup> workday when we removed all old vegetation and refreshed the beds with compost to supply more nitrogen and other healthy soil microbes.

Starting at 9:00 a.m., we will plant our ten raised beds with spring crops. The Field of Plenty will plant crops by vegetable crop families. Come out and help us plant and learn more about crop rotation by vegetable crop families to help keep your soil healthy!

The Field of Plenty will be open this year on the fourth Saturday morning of each month.

To learn more about The Field or to be placed on an informational email list, please send an email to [thefieldofplenty@gmail.com](mailto:thefieldofplenty@gmail.com) and request to be added to the list.

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. and the fourth Saturday of the month with some holiday exceptions throughout the year.

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

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](mailto:thefieldofplenty@gmail.com)  
<https://www.facebook.com/fieldofplenty>  
 409-886-0938



# Eating Right for a Healthy Weight

*Food, Nutrition, and Health Tips from the Academy of  
Nutrition and Dietetics*

Reaching and maintaining a healthier weight contributes to your overall health and well-being. Losing even a few



## Start a plan for lifelong health

Focus on the big picture— achieving overall good health—not just short-term weight loss.

### Set healthy, realistic goals

You are more likely to succeed in reaching realistic goals when you make changes step-by-step. Start with one or two specific, small changes at a time. Track your progress by keeping a food and activity log.

### Get a personalized eating plan

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for a plan that will give you the amounts of each food group you need daily. If you have special dietary needs, consult a registered dietitian for a customized plan.

### Eat at least three meals each day, and plan your meals ahead of time

Whether you're eating at home, packing a lunch or eating out, an overall eating plan for the day will help keep you on track.

### Balance your plate with a variety of foods

Half your plate should be filled with fruits and vegetables, about one fourth with lean meat, poultry or fish, and one fourth with grains. To round out your meal, add fat-free or

low-fat milk, yogurt or cheese

### Focus on your food

Pick one place to sit down and eat at home.

Eating while doing other things may lead to eating more than you think. Also, switching from a large plate to a smaller one may help you feel satisfied with reduced portions

### Know when you've had enough to eat

Quit before you feel full or stuffed. It takes about 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. So, fast eaters— slow down and give your brain a chance to get the word.

### Is it right for you? Make sure your weight management plan is appropriate. Does it include:

- Food from all five food groups?
- The right number of servings from each group?
- Foods you will enjoy eating for the rest

of your life?  Foods you can buy at the supermarket?  Foods that fit your budget and lifestyle?  Regular physical activity or exercise?

If the answer is “yes” to all the questions, your weight management plan is right for you.



Kyle Quinn

# Living a Heart Healthy Lifestyle

## Heart Disease

Proper lifestyle choices and nutrition are important factors in reducing risk of heart disease. More men die from heart disease in the US than any other disease. Also, being obese, smoking and habitual inactivity contribute to cardiovascular complications. Cholesterol and blood pressure are often considered when determining risk. The column on the right highlights some of these indicators.



## Nutrition

We can greatly reduce our risk of heart disease by making healthy changes. Dietary fat should only compose between 20% and 35% of total calories. Saturated fat, such as those found in fatty cuts of meat like ribeye and sausages, cheese, butter and ice cream, should be limited. Instead, replace some of these with unsaturated fats. These can be found in cooking oils like olive and canola, but also in nuts and avocados. These are much healthier for our bodies and can help raise our HDL cholesterol (the good kind), and lower LDL cholesterol (the not so good kind). Omega-3 fatty acids have been linked to improving cardiovascular conditions and reducing our risk of heart attack. These should be consumed at least 3 times each week, and are found in fatty fish such as salmon, tuna and mackerel.

Another method to improve our diet is through the consumption of fruits and vegetables. They are low in calories, and high in fiber, vitamins and minerals. Increased consumption of these foods, and less fatty and processed foods can have a positive effect on cholesterol levels, triglycerides and blood pressure. Try and fill up half your plate with fresh fruits and non-starchy vegetables, such as salad, tomatoes, carrots and broccoli. Work on replacing snacks like cookies and chips with fresh fruit. Plus, by decreasing the amount of high calorie snacks you eat, you can better control your weight.

## Exercise and Weight Maintenance

30-60 minutes of exercise each day is recommended for everyone. These can be simple activities such as walking, biking. Resistance training, such as lifting weights is also a great way to improve your cardiovascular health and help control weight.

Losing weight does not have to happen all at once. Focus on removing a few things out of your diet each day that you can live without, such as a cookie, or cutting down from 3 sodas to 2. Small, gradual changes are easier to accomplish. Once those become easy, make bigger goals!

### Cardiovascular Risk Factors

High LDL "bad" cholesterol (greater than 100 mg/dL)

High triglycerides (greater than 150 mg/dL)

Low HDL "good" cholesterol (less than 60 mg/dL)

High blood pressure (greater than 120/80)

#### Quick Tips for Heart Health

- Focus on eating a variety of fruits and vegetables.
- Focus on whole fruits, grains, and vegetables.
- Focus on healthier food and beverage choices, and less junk food and sugary drinks.
- Get in a little bit of exercise each day. This can be a 30 minute walk, split into two 15 minute walks throughout the day!



## Easy Cake Mix Lemon Bars

### Crust

1 (15.25oz) Box Vanilla Cake Mix\*  
1/2 cup butter—melted  
1 large egg  
Zest of 1 large Lemon

### Topping Layer

8 ounces Cream Cheese—softened  
2 large eggs  
2 1/2 cups powder sugar  
1/4 cup fresh squeezed lemon juice  
Zest of 1 large lemon

1. Preheat oven to 350° F.
2. Mix crust ingredients into a thick dough consistency.
3. Line an 8x8 inch baking dish with foil and spray with nonstick.
4. Press the crust evenly into the bottom of prepared baking dish.
5. Use a hand mixer to combine topping layer ingredients (except lemon zest) until fully incorporated. Stir in lemon zest.
6. Pour mixture over crust.
7. Bake for 40 minutes. The center will still be gooey.
8. Allow to cool completely.
9. Once cooled, remove foil from baking dish and transfer to flat surface.
10. Carefully peel foil from bars.
11. Cut bars and dust with powdered sugar.

\*Yellow or White Cake mix will work. Add more lemon zest for extreme lemon flavor.

By Oh My Sprinkles Adapted from Paula Deen

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.