

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

May 2017



Sunday, May 14, 2017



The AgriLife Office will be closed Monday, May 29th.



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

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



"Keepin' It Movin'" For a Healthier You

Seniors, Come Join Us for a Day of Fun

Tuesday, May 9, 2017

9 am - 1 pm



Orange County Convention & Expo Center
11475 FM 1442 Orange

Bingo 10 am
Free Western Lunch
Live Music
Line Dancing
Door Prizes



Seniors receive free
Health Screening
Senior Care Information
and much more.

Lions Eye Bank of Texas will be accepting donations of eye glasses.

TEXAS A&M
AGRILIFE
EXTENSION

To participate as a Vendor,
contact the
AgriLife Extension Office
409-882-7010

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.

Free to all Senior Citizens



Online Registration Opens May 24th



Youth Beginners Only, Please

JULY



17th thru 19th
10 am to 2PM

Limited
To the 1st
20 to register.

For Youth Ages 9 to 14

Location
Orange County
Convention &
Expo Center

Be sure to
bring a
sack lunch
& drink



To Register: go to
orange.agrilife.org and click on the
Youth Beginners Sewing tab

4-09 882 7010

Payment Deadline
July 10th
\$15 Per Person

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

We're collecting UPC labels



For our Youth Cooking Camp

TSC TRACTOR SUPPLY CO.

PAPER CLOVER
APR. 26 - MAY 7

FOR 4-H CAMP & LEADERSHIP EXPERIENCES

DONATE \$
AT CHECKOUT

SEND KIDS IN YOUR STATE
TO 4-H CAMP & OTHER LEADERSHIP EXPERIENCES

No endorsement by 4-H is implied or intended. Use of the 4-H name and emblem is authorized by 4-H. 4-H is the youth development program of our nation's cooperative extension system.

Online Registration Opens May 24th

Table Manners & Etiquette for Youth Ages 8-14

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.

Online Registration Opens May 24th

Youth Canning Class for Ages 8-14

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:
orangeagrilife.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



The Texas A&M AgriLife Extension
Orange County Presents:



Clover Kids



Cooking!

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

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

**TEXAS A&M
AGRI LIFE
EXTENSION**

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





April 2017 Newsletter

How Long Should I Keep It?

Most of us like to save money. We do our best to stretch our dollars and look to get as much out of our purchases as possible. However, where food is concerned, the old saying that all good things must come to an end holds true.

It's a common practice of many to store certain foods in the refrigerator to extend the quality of the foods. However, the question of how long we can keep foods refrigerated is often a mystery. Research shows that the length of time you can store foods in the refrigerator depends on whether or not the food is fresh, unpackaged food, or packaged. It is also important to note whether the package has been opened or whether the food was previously cooked.

Generally speaking, fresh foods, opened foods, and cooked foods should not be kept refrigerated longer than four to seven days. If you want to keep the food longer, it is best to freeze the food and use it later. Doing so will significantly reduce the risk of contracting a food-borne illness.

It is also important to keep in mind that even frozen foods do not last forever. A general rule to follow is that fresh meats should be stored frozen for no longer than three to four months (fresh fish can be stored for up to six months). Items such as bacon, cooked fish, bread and rolls can be stored for up to one month. Frozen eggs, butter, and margarine

can be stored for up to one year. Natural and processed cheeses can be stored from four to six months.

Refrigerating/freezing is a great way to save! Here are a few additional tips:

- Research indicates that most of the products claiming to extend the life of vegetables, cheeses, and greens in the refrigerator do not actually stop the decay caused by the natural release of gasses from the food items. It's better to store leftovers in the original packaging and tape the bag shut to ensure freshness.
- The shelving on the door of your refrigerator is the warmest part of the refrigerator. The back of your refrigerator is the coldest part. Store foods in the refrigerator accordingly.



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THE FIELD OF PLENTY'S GARDEN DEDICATION



From empty lot to productive plot, The Field of Plenty provides fresh fruit and vegetables to those in need.

Come and Celebrate with Us!

The Field of Plenty Donation Community Garden, established in March of 2015, became a productive garden in 2016.

We would like to share with you how the garden began, where we are today, and where we hope to be in the future.

The Field of Plenty is truly a community success story, and we invite you to join us to dedicate the garden.

Saturday, May 20th 2017

10:00 a.m. till 12:00 p.m.
2120 Wickard, Orange, TX 77632

Dedication will be moved inside Orange Christian Services in case of rain.



THE FIELD OF PLENTY
2120 Wickard, Orange, TX 77632
thefieldofplenty@gmail.com | 409-886-0930 |
<http://www.facebook.com/fieldofplenty>



Native Plants in Your Landscape

1 CEU—Integrated Pest Management

May 18, 2017

6:00 PM

\$12

**Orange County
Extension Office**

11475 FM 1442

Orange, TX

409-882-7010



Bill Lindemann

Go to orange.agrilife.org to register



Cleancutproperty.com

**Presentation by
Sharon Odegar-
Master Naturalist &
Master Gardener**

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 .



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



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

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

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

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

ORANGE COUNTY 4-H MAY 2017 CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 ALA 6 pm Council 6:30pm	2 Clay Busters 6 pm Recordbook 6pm	3	4	5	6
7 CLOVER CAMPAIGN ENDS	8 Dusty Trails 6 :30 pm	9 Mighty Pirates 7 pm Clay Busters 6	10	11 Robotics 6pm	12 Big Time in D-9 Roundup	13 Big Time in D-9 Roundup
14 D9 Leader- ship Lab Reg & Fee deadline	15 All HEART 1 pm Boots & Bridle 6 pm	16 Clay Busters 6pm F/N Nutrition 6pm	17	18	19	20
21	22 Public Speaking 6	23 Clay Busters 6 pm Sewing 6 pm	24	25 Robotics 6 pm	26 D9 Horse Show Deadline	27
28 D9 Horse Show entry deadline	29	30 Clay Busters 6 pm	31			

Some Clubs and Project classes will take a break during the Summer. Be sure to check with your club/project leader.

20-Minute BLT Pasta Salad

- 1 pound bow tie pasta
- 1 cup zesty Italian salad dressing
- 1/2 cup creamy Ranch salad dressing
- 1 pound thick cut bacon, fried until crispy then cut into strips or crumbled (I think strips looks prettier, but it's a little more work)
- 2 large ripe tomatoes, diced (heirlooms work great here if you can get your hands on them)
- 10 leaves of crispy romaine lettuce, washed, dried, and chopped into bite sized pieces
- 1/3 cup red onion, diced
- Salt and pepper, to taste



1. Bring a large pot of salted water to boil. Add pasta and cook until al dente, about 10 minutes.
2. Drain pasta and rinse under cold water until cool.
3. While the water is coming to a boil, heat a skillet over medium heat; add bacon strips, and cook until crispy, about 4 minutes on each side. Transfer bacon to a paper towel lined plate.
4. Place cooled pasta in a large serving bowl; set aside.
5. In a small bowl combine zesty Italian dressing and ranch, mix well. Add dressing to pasta and toss well to coat pasta.
6. Add bacon, lettuce, tomato, and onion to the pasta bowl, mix well to combine, and season with salt and pepper as desired. Serve at once, or chill until needed.



WE WANT YOU!

For the

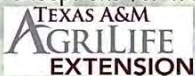
Master Gardener Class of 2017

Sponsored by Orange County Master Gardeners Assn. & Texas A&M AgriLife Extension Service (Orange County)

Classes will be held each Thursday starting June 1 - September 14, 6PM - 8PM. Some Saturdays will be required. Classes will be held at the Orange County EXPO Center 11475 FM 1442, Orangefield (Exit 869S off I10).** Fee for the class is \$100 and will include your Master Gardener Handbook and supplies. Texas A&M Extension Service & local horticulturist specialists along with Certified Master Gardeners will train you.

For more information please call 409 882-7010 or visit <http://txmg.org/orange>

**Some exceptions for training courses in nearby locations for hands-on experiences and/or field trips.



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

What's Wrong With My Tomatoes

Blossom End Rot on Tomatoes

Those dark, sunken spots on the bottom of tomatoes are blossom end rot. It's so common that in tomato circles they call it BER for short. It's not a disease but a symptom of calcium deficiency. It occurs due to uneven watering (wet-dry cycles in soil), too-high nitrogen or root damage. You can eat tomatoes with BER—just cut the bottoms off. For a quick fix, treat plants with a calcium spray for BER. Keep soil consistently moist; using mulch helps. Test soil when tomato harvest ends. Amend as needed.

Tomato Flowers Drop

When tomato plants look healthy and flowers appear but drop without setting fruit, it's usually not your fault. Blame this one on the weather. When day temperatures linger around 85°F to 90°F and nights stay above 75°F, tomato flower pollen becomes unviable. Once the hot spell passes, flower pollination will resume and tomatoes will form. Until then, keep plants well-watered and fertilized, so they're ready to jump back into production. In regions where summer sizzles, grow heat-tolerant varieties, like 'Solar Flare', 'Summer Set', 'Heatmaster', or 'Phoenix'.

Cracked Tomatoes

A cracked tomato means that while fruit was ripening, the water supply was uneven. A heavy downpour that soaks soil can result in roots sending huge amounts of water to ripening tomatoes—so much that they pop their skins. Cracked fruit is edible, but the cracks are more susceptible to mold. Eat ripe, cracked tomatoes before ones with smooth skins. Prevent the condition by mulching soil and watering tomatoes deeply twice a week, instead of giving plants a little water every day. When heavy rainfall is in the forecast, pick tomatoes that are almost fully colored.



Rainwater Harvesting

May 13, 2017
9:30 am - Noon

\$50 per person to cover materials
Call 409-882-7010 if you have questions.
Go to orange.agrilife.org to register
MUST REGISTER & PAY BY APRIL 28!!

Speaker:
Katie Krantz
w/ Shangri La

Jewel Cormier Park
8235 FM 1442
Orangefield, TX

Like us on Facebook

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

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Weed Identification & Pasture Management

2 General CEU's

Speaker:

Barron Rector—Extension Range Specialist

May 23, 2017

\$10

6:00 pm—8:00 pm

Orange County

Extension Office

11475 FM 1442, Orange



Plants.uaex.edu



Thehorse.com

TEXAS A&M
AGRI LIFE
EXTENSION

Succulents

June 1, 2017

6:00 PM

Cost: To be determined

Orange County

Extension Office

11475 FM 1442

Orange, TX

Register online at orange.agrilife.org

Call 409-882-7010 if you have any questions



Worldofsucculents.com

TEXAS A&M
AGRI LIFE
EXTENSION



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

Save the Date:

5 HOUR CEU PROGRAM

For those who have a pesticide license

June 24

Orange County

Extension Office

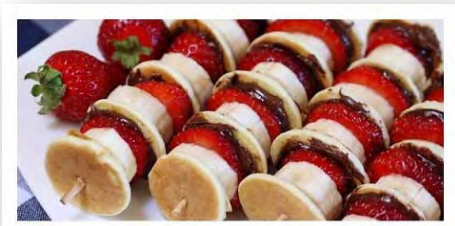
Details Coming Soon

Old Settler Baked Beans

- 1 lb. hamburger meat
- 1/2 pound bacon diced
- 1 med onion
- 1/3 cup sugar
- 1/3 cup packed brown sugar
- 1/4 cup ketchup
- 1/4 barbeque sauce
- 1 T. mustard
- 1/2 tsp. chili powder
- 1 16 oz. pork and beans undrained
- 1 16 oz. kidney beans drained and rinsed
- 1 16 oz. northern beans drained and rinsed



Cook beef, bacon and onion . Combine all ingredients except beans. Add to meat mixture and mix well. Stir in beans. Place in grease casserole dish and bake covered at 350 for 1 hour



Nutella Mini Pancake Kabobs

1 small bottle Bisquick™ Shank 'n Pour™ pancake mix

1 small jar Nutella®

1 pound fresh strawberries, washed, stems removed, sliced into 1/2 inch thick slices

2 large firm bananas, peeled and sliced into 1/2 inch thick rounds

4 wooden skewers broken in half to make 8 small kabobs

1. Prepare the pancake batter according to package directions and our small dabs of batter onto a hot , lightly greased griddle for 1-1/2 inch diameter pancakes (about 3/4 tablespoon of batter per mini pancake).
2. Cook the mini pancakes for about a minute on each side or until lightly browned.
3. Spread some Nutella® on each of the pancake bites and layer the ingredients onto the kabob sticks. Serve immediately and enjoy!

BREAKFAST

Breakfast is the most important meal of the day. Studies show that children and adults who eat breakfast work more efficiently. Those who skip breakfast become tired, irritable and react slower than those who eat breakfast.

Fuel for the body

Think of your body as an engine. Food's nutrients and calories fuel your body just like gasoline fuels a vehicle. After an overnight fast of eight to 12 hours, your brain needs fuel for energy. Skipping breakfast leaves your brain without fuel, making it difficult to concentrate and solve problems.

Skip the excuses

Common excuses for skipping breakfast include:

- ◆ Lack of time
- ◆ Not liking breakfast foods
- ◆ Weight loss

But there is no good excuse to not eat breakfast. Eating in the morning gets your "motor" running and helps you become a role model for others.

Why eat breakfast?

- ◆ To break the fast — your body needs fuel after an overnight fast.
- ◆ For nutrients — eating breakfast helps supply your daily nutrients.
- ◆ For learning — eating breakfast primes your brain for problem solving, concentrating and memorizing.
- ◆ For weight control — eating breakfast makes you less likely to overeat later in the day. Skipping breakfast has been linked to obesity.

Breakfast tips

- ◆ Make small changes to your morning routine. If you're not a breakfast eater, start by adding a glass of milk or a piece of fruit.



- ◆ It's all about balance — Enjoy bacon and eggs one day and try a bowl of oatmeal topped with raisins and fat-free milk the next.
- ◆ Try nontraditional breakfast foods, such as pasta or crackers with cheese.
- ◆ Enjoy all foods in moderation. If you like sugar-coated cereal, mix it with whole-grain cereal.

Smart choices

It is always good to eat something in the morning, but some foods are better than others. A breakfast that contains a variety of nutrients is best. Choose foods from several food groups to give you a variety of vitamins and minerals to sustain you until lunch.

Red, White, & Blue Salad

What you need:

Utensils:

- Knife & cutting board
- Spoon
- 1 medium size bowl
- 1 small size bowl
- Measuring cups

Ingredients:

- 3 cups watermelon, cut into 1 inch cubes and seeded
- 1 cup blueberries
- 2 medium bananas, sliced
- 1 cup fat free whipped topping
- Juice of 1 lime

What to do:

1. Wash your hands and clean your cooking area.
2. Wash all fruit.
3. Cut watermelon into cubes, removing seeds.
4. Place cut watermelon and blueberries in medium bowl.
5. Slice bananas and place in a small bowl.
6. Squeeze lime juice over bananas and mix, covering all bananas.
7. Add bananas and whipped topping to the watermelon and blueberries and mix well.
8. Chill until ready to serve.

Prep Time: 10 minutes

Cost per serving: \$0.30

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 1g	
Vitamin A 10%	Vitamin C 25%
Calcium 2%	Iron 2%

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



Program Funded by the USDA

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 Revised: June 8, 2016

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