

TEXAS A&M AGRI LIFE EXTENSION

Orange County AgriLife Newsletter

September 2017

County Extension Agent

Fallon Foster
Family & Consumer Science
County Coordinator

Office 409-882-7010



County Judge
Brint Carlton
Commissioner Precinct 1
Johnny Trahan
Commissioner Precinct 2
Barry Burton
Commissioner Precinct 3
John Gothia
Commissioner Precinct 4
Jody Crump



AgriLife Office will be closed

Monday, September 4th.



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

Family & Consumer Science



TEXAS A&M
AGRI LIFE
EXTENSION

Better Living for Texans

Old Fashioned FAMILY FIELD DAY



Free
Food
&
Snacks



Sponsored by Amerigroup



10 am
↓
2 pm

Saturday
October 21

Orange County
Convention and
Expo Center
11475 FM 1442
Orange



Adult Activities
Container Gardening



Cooking Demo of Quick Healthy Meals
Nutrition Games
Checkers
And much more

Children's Fun
Marbles
Hopscotch
Obstacle Course
Hula Hoop
Double Dutch Jump Rope
Parachute games
And much, much more



Family & Consumer Science



“Cracked Out”

Chicken Tater Tot Casserole



- 3 cups chopped cooked chicken
- 16 oz sour cream
- 1 can Cream of Chicken Soup
- 1 (10 oz) package Ranch dressing mix
- 1 (3oz) bag real bacon pieces (Oscar Meyer)
- 2 cups shredded cheddar cheese
- 2 lb bag frozen tater tots.

Preheat oven to 350 degrees. Lightly spray a 9x13-inch pan with cooking spray. Set aside.

In a large bowl, mix together chicken, sour cream, soup, Ranch mix, bacon and cheese. Fold in frozen tater tots. Bake for 40-45 minutes, until bubbly.



Listotic.com
HOMEMADE
 Bisquick Mix



| Ingredients | Instructions |
|---|--|
| <ul style="list-style-type: none"> •5 cups flour •2 sticks of butter •1/6 cup baking powder •1/4 cup sugar •2 tsp salt | <p>Chop butter and blend all ingredients in a food processor. Place in an air-tight container and use as needed.</p> |

Family & Consumer Science

Fall in Love With Taking Care of Your Body

Parvin Rafiee
Lamar University DI Intern

Healthy Eating Begins With You!

Do you want to spend less time and money at the doctor?

Giving your body the right nutrients and maintaining a healthy weight can help you stay **active, healthy, and independent**. as you grow older, your metabolism slows down, so you need fewer calories than before. Your body also needs more of certain nutrients.

Goal: Maintain health and economic security: Smart shopping of cheap but nutritious foods.

Examples of cheap nutritious foods:

- Potato: cheap and nutritious
- Soups: such as lentil soup, source of protein and vitamin
- Watermelon: cheap juicy summer fruit
- Low fat yogurt: free of sugar and additives
- Oats

Follow three steps :

1. Stretch Your Budget to Pay for Healthy Food:

Solution: SNAP, provides assistant budget to access to fresh fruit and vegetables

Check Eligibility: benefitscheckup.org

2. Make Healthy Food Selections:

Build a healthy plate: half fruit and vegetables, ¼ lean protein and ¼ whole grain

- ✓ Pick whole grains: Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day.
- ✓ Buy cheaper chicken breast with skin and take the skin off before cooking
- ✓ Add Low cost proteins: beans, if you buy caned bean check sodium per serving on nutrition fact label
- ✓ Read Nutrition Fact Label to know how much to put in your plate
- ✓ Sodium and fat contents are key factors
- ✓ Add different color of fruit and vegetables
- ✓ Whole wheat pasta adds fiber and protein to your diet
- ✓ Frozen fruit and vegetable are inexpensive and always available

3. Cooking Healthy Foods

- ✓ Fat sources: use good fats such as olive oil instead of saturated fat and animal fat
- ✓ Substitute salt with your favorite spices, garlic ,herb
- ✓ Use sugar substitute instead of white sugar
- ✓ Turkey is leaner than beef and chicken and has less cholesterol
- ✓ Bake instead of frying
- ✓ Healthy meal: looks like a rainbow

The [Dietary Guidelines](#) suggests that people 50 or older choose foods **every day** from the following:

- Fruits: 1½ to 2½ cups
- Vegetables: 2 to 3½ cups
- Grains: 5 to 10 ounces
- Protein foods: 5 to 7 ounces
- Dairy foods: 3 cups of fat-free or low-fat milk
- Oils: 5 to 8 teaspoons
- keep the amount of sloid fat, added sugar, and sodium small



<http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/healthy-eating-for-older-adults>
<https://www.nia.nih.gov/health/serving-and-portion-sizes-how-much-should-i-eat>

Family & Consumer Science

NATIONAL CHILDHOOD OBESITY AWARENESS MONTH



National Childhood Obesity Awareness Month offers opportunities for families to prevent childhood obesity early and to address the issue early. Children who have obesity issues are more likely to have those same issues as adults. Addressing them now prevents lifelong health issues such as diabetes, certain cancers, heart and sleep disorders.



Getting fit as a family does not have to be very time-consuming or complex; it can be fun and creative. Here are seven simple suggestions to help your family get fit together.

1. **Commercial-cize.** Many children (as well as their parents) watch a few hours of television each night. It is important for families to reduce sedentary time. Whenever a commercial break comes on the TV, exercise as a family. Try running in place, push-ups, or jumping jacks during each commercial to keep everyone up and moving.
2. **Make an Exercise Video.** Most portable cameras now have a video function. Have your family create their own exercise video where your kids are the stars. Everyone will get fitter creating the videos, and at a future time, have fun exercising along with the video over and over again.



3. **Dancing Can Be Fun.** Nutritionist Lisa Suriano suggests, "Just dance! Turn on the radio or pump up some fun songs on your mp3 player to rock out together as a family. Jump around, do a shimmy, shake your limbs and let the giggles ensue. With minimal effort, you can burn some calories and have a super-fun, spirit-lifting family time."

4. **Going the Extra Step.** Dr. Kathryn Cahill, a pediatrician, states, "Parking farther away when running errands with the kids, encouraging them to take the stairs with you when shopping, and having them walk along the cart can increase their activity."

5. **Allocate Time for Family Exercise Every Day.** Certified health and wellness coach Carrie Karkoska says, "It doesn't have to be much. Take a family walk after dinner and use that time to talk about your days. Play a family game of football during halftime of the game Dad is watching. Invite your kids to join you during your cross-training or yoga DVD. They will not be able to do all the exercises, but they will be moving and trying! Teach them that exercise and sweat are really important, and that it can be fun!"
6. **Blend Technology With Play.** Fitness professional Jamie Atlas says, "Many games offer the chance to move with a partner and be scored according to your accuracy, be it dancing, boxing, bowling. I recommend checking out some of the electronic fitness programs or other technologies out there to see how you can cross generation gaps and meet somewhere in the active middle."

7. **Play Your Cards Right.** Fitness author Rocky Snyder suggests, "Create your own Family Olympics. Go to your local track or town pool and have races while your family goes for the gold!"

And remember: **Families that PLAY together STAY together.**



Find more information about raising fit kids on Len's website: <http://www.lensaunders.com/>

Family & Consumer Science

2017 Southeast Texas Hay & Soil Testing Campaign



Hay Show and results of Hay Testing Campaign will be held in conjunction with the **Southeast Texas Beef Cattle Symposium and Trade Show** October 26th, 2017 Holiday Inn, Beaumont Plaza



Hay Classes

- ▲ Bermudagrasses
- ▲ Other Warm Season Perennial Grasses
- ▲ Warm Season Annual Grasses
- ▲ Cool Season Annual Grasses



****See instruction on back for collecting your soil sample. Only 1 soil sample is free.**

Hay Samples may be dropped off at the following locations:



Orange County AgriLife Extension Service
11475 FM 1442
Orange, Texas

All samples must be marked with name, contact information, what type of hay and if it was grown or purchased.

Hay and Soil Samples must be submitted by Monday, September 18th. For more information call 409-835-8461

The members of Texas A&M AgriLife will provide no special accommodations or services to persons with disabilities. Persons with disabilities who require special accommodations should contact the Texas A&M AgriLife Extension Service at (409) 374-2123 five working days prior to the meeting so appropriate arrangements can be made.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Improving Agricultural Production in Southeast Texas



Mark Your Calendars! Southeast Texas Beef Symposium and Trade Show October 26, 2017

- Concurrent Running Sessions
- Trade Show with local Vendors
- Free Hay and Soil Analysis
 - Doors open at 11 am
- Cost including lunch \$20 if pre-registered by October 12, or \$40 at the door



Texas A&M
AGRI LIFE
EXTENSION

Holiday Inn
3950 I-10 South
@ Walden Rd.
Beaumont, TX

A collaboration of
Chambers, Hardin,
Jefferson, Liberty, Orange,
and San Jacinto Counties

For more information, contact
Texas A&M AgriLife Extension Service
1225 Pearl St., Suite 200
Beaumont, Texas 77701
Phone: 409-835-8461

Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact the Chambers County Extension Office at (409) 374-2123 five working days prior to the meeting so appropriate arrangements can be made.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

My First Yoga Kids Are...

Empowered

Calm

Engaged

Focused

Strong

Balanced

Powerful

Flexible

Entertained

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Family & Consumer Science



Tailgating and Picnicking Safely this Football Season



With fall weather and football season, “tailgating” and picnicking become popular activities. Tailgate parties and picnics can be lots of fun, with good friends and good food. Do not let your fun be spoiled by foodborne illness.

Foodborne illness, with its stomach cramps, diarrhea, nausea, headaches, and maybe even vomiting, can result from the improper handling of foods. The pathogens that cause foodborne illness grow at temperatures between 40 and 140 degrees F. This is called the “danger zone.” Foods prepared for outdoor eating can enter into the danger zone even when the weather is cool.

What foods are risky? Almost any food can be a source of hazardous bacteria, but most hazardous foods are moist and contain protein, these are known as “Time Control for Safety (TCS) Foods. This includes meats, poultry, fish, seafood, eggs and dairy products (cream pies, custards, and pastries that have cream fillings). Do not leave these foods in danger zone temperatures for more than two hours. Perishable foods or dishes containing perishable foods should be kept either hot (at or above 140 degrees F) or cold (40 degrees F or below). How do you do this?

Hot foods such as chili, soups, stews, and dips can be transported safely in a thermos if it has no cracks or leaks. Check the seal of the thermos for a tight fit. Keep the thermos clean, then right before use, rinse it with boiling water. Bring food to a boil before pouring it in the thermos. Try to prepare just enough to serve your guests without having leftovers. Discard leftovers if you cannot store them properly.



Wrap hot casseroles in several layers of aluminum foil, followed by newspapers and a towel. Or, use insulated containers. Hot casseroles should be served within two hours.

Cold foods can be transported in an ice chest with ice or cold packs to keep the foods below 40 degrees F. Pack the food in shallow containers and pre-chill them before placing them in the ice chest. Keep sandwiches cold or eat them within two hours.

Watch the clock on ready-to-eat and fast food, too. Fried chicken, deli foods, pizza, and hamburgers, for example, should be purchased just before the party and eaten within two hours. Or, purchase these foods in advance, refrigerate them until party time, and then reheat them.

When you don't have time to take proper precautions, serve only non-perishable foods. Try canned meats, dried or cured meats, some hard cheeses, peanut butter, dried fruits, breads, cereal mixes, nuts, and popcorn.

Once the party starts, follow through with safe food handling practices. Keep hands, utensils and dinnerware clean (disposables make that easier to do). Spread a clean table cloth on the tailgate or picnic table and enjoy.

To enjoy a tailgate party or picnic without later distress:

- Plan your menu to fit the situation.
- Keep hot foods hot and cold foods cold.
- Don't let perishable foods stay in the “danger zone” (40 to 140 degrees F) for more than two hours.
- Keep everything clean to avoid contamination.
- Take proper care of leftovers, or throw them away.

Family & Consumer Science

Quinoa Chili

Serving: 8

Serving size: 1 Cup

Ingredients

- 1 tablespoon extra-virgin olive oil (or canola oil)
- 1 cup diced yellow onion
- 1 tablespoon cloves garlic, minced
- 1 (14.5 ounce) cans diced tomatoes
- 1 can (8 ounces) tomato sauce
- 1 can (15 ounce) black beans (no salt added), drained and rinsed
- 1 can (15 ounce) light red kidney beans (no salt added), drained and rinsed
- 1/2 cup water (adjusted as needed)
- 2 tsp ground cumin
- 1 tablespoon black pepper
- 1 tablespoon chili powder (adjust it based on your preference)
- 1 1/2 cup cooked quinoa
- Salt & pepper to taste



Directions:

- Heat oil in a 4-quart heavy pot
- Sauté onions and garlic until translucent
- Add diced tomatoes, tomato sauce, beans, and water
- Stir in all seasonings, add salt, season to taste
- Cover and simmer for about 20 minutes, stirring occasionally
- Prepare quinoa according to directions on the package
- After 20 minutes, add the quinoa to the chili and mix thoroughly



Smart Grocery Shopping Tips

Shop the perimeter of the grocery store, where fresh foods like fruits, vegetables, dairy, meat, and fish are usually located.

Avoid the center aisles where junk foods lurk.

Reference: <http://www.webmd.com/food-recipes/features/10-tips-for-healthy-grocery-shopping#1>

Created by: Parvin Rafiee
Lamar University Dietetics Intern
2017

Produce: Spend the most time in the produce section: Choose a rainbow of fruits and vegetables.

- Do your own slicing and dicing to save money.
- To fill produce gap in winter or save money on grocery shopping select frozen fruits and vegetables (without sauce) which are a convenient way.

Breads, Cereals, and Pasta: Choose the least processed foods that are made from whole grains. Bread, pasta, rice, and grains offer more opportunities to work whole grains into your diet.

Aim for at least 4 grams of fiber per serving, and the less sugar, the better.

Meat, Fish, and Poultry:

- The American Heart Association recommends two servings of fish per week.
- Choose lean cuts of meat (like round, top sirloin, and tenderloin)
- Pick skinless poultry, or pay less for poultry with skin and take it off at home.

Dairy: Dairy foods are an excellent source of bone-building Calcium and vitamin D. Consider low-fat and nonfat options to get three servings of dairy a day

Canned and Dried Foods: in the case of using canned foods choose:

- Vegetables without added salt
- Fruit packed in juice
- Tuna packed in water
- Low-fat soups

Read Nutrition Fact Label: consider sodium, fat, fiber %DV.

Read Ingredients: Avoid foods that contain more than five ingredients, artificial ingredients, or ingredients you can't pronounce.

The Fewer Ingredients, the Better.

"You can save 30-50% on the price of produce by buying what's in season"

Choose "real" foods, such as 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible

4-H/Youth Development

2017-2018 4-H Enrollment

- August 15th begins the new 4-H year.
- Enrollment fee is \$20 from August 15th-October 31st.
- After October 31st enrollment fee is \$25.
- To participate in 4-H projects you must be an enrolled member of 4-H.
- Adult Volunteers screening fee has changed from \$5 to \$10. Must re-enroll each year.



- PLEASE PLEASE do not set up a new family profile if you are a returning member/volunteer. If you have forgotten your password call the 4-H office and we will reset it for you. If you are adding a child, use the original profile and add member to that profile.
- Only set up a new family profile if this is your first time to enroll.
- Go to <https://texas.4honline.com/login>
- If you have any questions, please feel free to contact the 4-H office 409-882-7010.



Memorial Scholarship Jackpot Show

In Memory of Dakota Goss

September 16, 2017

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

Check In: 5:00-6:30 p.m.

Show Starts @ 7:00 p.m.

Pigs * Goats * Lambs * Steers * Heifers

*Heifers and Steers will be broken into American, English, and Exotic Divisions

**Heifers will be shown by Age

***Pigs, Lambs, Goats and Steers will be shown by weight

Entry Fee: \$25.00 per Head

Junior & Senior Showmanship \$15.00 at the gate

If you would like to sponsor prizes or donate to the scholarship fund please contact one of the following:

Contact Info: Stephanie Hoppe (409) 998-4205, Bubba Carney (409) 781-7005, Leah McIrwis (409) 851-4933, Paula Guajardo (409) 781-8723



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 Project Club

2nd Monday

6pm-8pm @ 4-H Office

Becky Hutchison 409-670-8945



Boots and Bridles 4-H Horse Club

3rd Monday @ 6 pm

T2 Arena (weather permitting)

Becky Hutchison 409-670-8945

All Hearts 4-H Homeschool Club

3rd Monday @ 1 pm

Claiborne Park

Cortney Sanders 979-574-7220

Kristen Hay 409-474-9666

Mighty Pirates 4-H

(Primary a Livestock Club)

2nd Tuesday @ 7 pm,

Raymond Gould Community Center Vidor

Kathy Hester 790-8835

Clay Busters Shooting Sports

1st Tuesdays @ 6 pm

4-H Office with practice at the

Orange County Gun Club

Robert Caffey 409-767-6222

robert.caffey@kodiakgas.com

All enrolled 4-h members and clovers can participate in all projects available



This year all the 4-H Projects will be preparing the 4-H member for District Roundup Contest. You can participate in as many projects as you desire.

The sewing project may change to the 2nd Mondays. The same night that Dusty Trails Project Club meets.



“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



2nd & 4th Thursdays
 6pm - 8 pm
 @4-H Office



Livestock Judging
 Every Thursday
 In September
 6:30 pm
 4-H Office

Family & Consumer Science

HCF&AYA

SATURDAY NIGHT FEVER

September 9th, 2017

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

CHECK IN: 5:00-6:30 P.M.

SHOW STARTS @ 7:00 P.M.

PIGS*LAMBS*GOATS*STEERS*HEIFERS

*HEIFERS AND STEERS WILL BE BROKEN INTO AMERICAN, ENGLISH,
AND EXOTIC DIVISIONS*

HEIFERS WILL BE SHOWN BY AGE



PIGS, LAMBS, GOATS, AND STEERS WILL BE
SHOWN BY WEIGHT*



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

***JUNIOR & SENIOR SHOWMANSHIP-\$5.00 AT GATE 60/40
SPLIT***

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

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

4-H/Youth Development



We invite you to be a Buyer of an animal or an "Add on Buyer" to support the 4-H and FFA Students of Orange County. Auction Buyers BBQ Dinner 5 pm Auction Starts at 7 pm

4-H/Youth Development

| |
|---|
| <p>4-H Members Showing</p> <p>YMBL and/or Majors</p> <p>It is YOUR responsibility to have your entry completed and paid at the 4-H office Before entry deadline .</p> |
|---|



YMBL SOUTH TEXAS STATE FAIR ENTRY NIGHT

MIGHTY PIRATES 4-H MEETING

Tuesday, September 12th @ 7 pm

Raymond Gould Community Center in Vidor

ENTRY FOR: Poultry, Steer & Heifer

TAG ORDERS FOR: Lamb, Goat & Swine

IF YOU ARE UNABLE TO MAKE ENTRY NIGHT, YOU MUST LET THE 4-H OFFICE KNOW BEFORE HAND



TEXAS RICE FESTIVAL (WINNIE)

4-H Office entry deadline

Friday, September 15th @ 4 pm



MAJOR LIVESTOCK SHOW

SWINE TAG ORDER

4-H Office deadline

4 p.m. Monday, September 25th



MAJOR LIVESTOCK SHOW

HEIFER UIN# ORDER (for Spring Show)

4-H Office deadline

4 p.m. Wednesday, September 14th



4-H/Youth Development

SEPTEMBER 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|-----|--|-----|-----|
| | | | | | 1 | 2 |
| 3 | 4 LABOR DAY ALA/Council 6 pm | 5 Clay Busters 6 pm Record Book 6 pm | 6 | 7 Robotics 6pm Livestock Judging 6:30 pm | 8 | 9 |
| 10 | 11 Office deadline Steer/ F-1 Entry YMBL Dusty Trails 6:30 | 12 YMBL poultry order night at Mighty Pirates 7 pm Majors Swine Tag order & Heifer UIN# for Spring | 13 | 14 Livestock Judging 6:30 pm | 15 | 16 |
| 17 | 18 All HEARTS 1pm Boots & Bridle | 19 Food & Nutrition 6 pm | 20 | 21 Awards Banquet 6 pm | 22 | 23 |
| 24 | 25 | 26 Sewing 6 pm | 27 | 28 Robotics 6 pm Livestock Judging 6:30 pm | 29 | 30 |

OCTOBER 2017

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------------|-------------------------------|-----------------------------------|------------------------------|--|---------------------------------|--------------------------------------|
| 1 | 2 ALA/Council 6 pm | 3 Clay Busters 6 pm Recordbook | 4 Texas Rice Festival begins | 5 Texas Rice Festival Livestock Judging 6 :30 pm | 6 Texas Rice Festival | 7 Texas Rice Festival One Day 4-H |
| 8 TX Rice Fest. | 9 Dusty Trails 6:30 pm | 10 Mighty Pirates 7 pm | 11 | 12 Livestock Judging 6:30 pm | 13 Orange County Livestock Show | 14 Orange County Livestock Show |
| 15 | 16 All HEART Boots & Bridle 6 | 17 Food & Nutrition 6 pm | 18 | 19 Livestock Judging 6:30pm | 20 | 21 Old Fashioned Family Field Day |
| 22 | 23 | 24 Sewing 6 pm | 25 | 26 Livestock Judging 6:30 pm | 27 | 28 |
| 29 | 30 | 31 | | | | |

Agriculture/Natural Resources

September Gardening Guidelines

by Keith C. Hansen, Extension Horticulturist, Smith Co. – Tyler, Texas

September is a swing month in the southern gardening world with the official arrival of Autumn later this month, and hopefully, a return of cooler and wetter weather. Despite the heat that lingers this month, September is still one of the better times of the year to be gardening, especially for planting landscape plants.

LAWNS

Folks will want to pay attention to lawn care this month. The hot, dry weather could encourage chinch bugs which can turn St. Augustine into what looks like a drought-stricken lawn.

September is also the time to apply lawn fertilizer to keep the grass healthy and growing up to first frost. Fall fertilized lawns are better equipped to make it through the winter and resume growth next spring than lawns that receive no fertilizer.

Did you have weeds last spring before the grass started growing? These would have been cool-season weeds which germinated last fall. A pre-emergence herbicide (weed preventer) applied this month will help reduce the recurrence of the same weeds next spring (unless they are perennials like dandelions). Avoid pre-emergent herbicide applications on newly planted, or weakened grass or in dense shade. Carefully follow label rates of application, since applying more than is called for can damage your lawn.

Lawns that suffered dieback from drought, chinch bugs or disease can be safely sodded in September. It's too late to try to establish Bermuda or Centipede from seed, but ryegrass and tall fescue can be sown toward the end of the month.

Fall is also a good time to test your soil, especially to determine the pH which tells you the acidity of the soil. Strongly acidic soils are corrected with an application of lime. Keep in mind that it takes a few months for the lime to react with your soil, and that you may need to reapply lime every few years.

PERENNIALS, ANNUALS AND BULBS:

If you enjoy growing wild flowers, collect seed for your garden from summer bloomers for sowing next spring. Also, save seeds from favorite self-pollinating, non-hybrid garden flowers such as marigolds, cosmos, gomphrena, coneflower, coreopsis, Rudbeckia and zinnias by allowing the flower heads to mature. Lay seeds on newspaper, turning often to dry; then store in glass jars or envelopes in a cool (40 to 50 degrees F), dry, dark place.

Sow spring wildflower (like bluebonnets) seed now. For more reliable, uniform seed germination of our State flower, purchase acid-treated bluebonnet seed. This treatment pits the seed coat, allowing nearly 100% germination in one to two weeks.

Perennial phlox should be divided about every third or fourth year. Early fall and early spring are the best times to plant and transplant them. Divide big clumps into thirds.

Create new perennial flower beds, and dig, divide, and replant overcrowded beds of cannas, irises, daylilies, daisies and other perennials. Spread a liberal amount of organic matter evenly over the area and mix into the soil at least 6 to 8 inches deep. Space divisions at least 1 foot apart in all directions so root competition will not be a problem for several years.

Purchase spring blooming bulbs as soon as they become available in the garden centers, or mail order special varieties. Tulips and hyacinths should be stored in a refrigerator until November.

Plant bulbs by loosening the soil and make a hole with a trowel or bulb planter. Don't mash the bulb into the soil or you may damage the basal plate (bottom of the bulb), causing it to rot.

Tip back roses the first week of September if you didn't last month to stimulate a new flush of growth for a final burst of fall color. Don't take off much, cutting back only a quarter of the growth. Make a light application of fertilizer, and watch for black spot disease which can be a problem once frequent rains return.

TREES AND SHRUBS:

Frequently check the soil around first-year trees and shrubs with your fingers to make sure the root ball and soil are getting enough water. At the same time, take care to not keep the soil soaking wet. Just because it's hot doesn't automatically mean the soil is dry 3 or 4 inches deep. Check it out that deep to be sure.

Examine your flower, ground cover and shrub beds for seedlings of privet, sweetgum, oaks, elms, blackberry, greenbriar, sedges and other unwanted weeds. If they are already well established, wait for soaking rains to soften the ground when they'll be a little easier to pull. A pair of pliers may also help get woody plants out of the ground.

Pine needles will soon be abundant. Collect and use them as a long lasting mulch around shrubs, young trees, and in vegetable gardens and other places where weed control and water conservation is needed.

VEGETABLES

Plant beets, broccoli (plants), Brussels sprouts, cabbage, carrots, cauliflower (plants), Swiss chard, collards, kale, garlic, lettuce, mustard, parsley, English peas, radish, spinach and turnips this month. Soak seed furrows with water before sowing seed, and mulch lightly. Water the rows daily in hot weather to promote germination and growth of young seedlings. Treat cabbage, broccoli, and cauliflower with Bt (*Bacillus thuringiensis*) as needed to prevent damage from cabbage loopers.



Non-Profit Org.
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 Orange, TX
 Permit #12

Return Service Requested

Cabbage-Fruit Salad

What you need:

Utensils:

- Knife
- Cutting board
- Vegetable brush (optional)
- Measuring cups & spoons
- Large mixing bowl
- Mixing spoon

Ingredients:

- 2 cups shredded cabbage
- 2 oranges, sectioned and seeded
- 2 medium chopped apples
- 1 8-ounce can crushed pineapple, drained
- 2 tablespoons raisins (optional)
- 4 tablespoons plain low-fat yogurt
- 1 teaspoon honey (optional)

What to do:

1. Wash your hands and clean your cooking area.
2. Wash and chop cabbage.
3. Wash and scrub oranges and apples with a vegetable brush or with your hand. Cut as directed.
4. Mix cabbage, oranges, apples and pineapple together in a mixing bowl.
5. Add raisins, yogurt and honey.
6. Chill until ready to serve.

Prep Time: 20 minutes

Chill Time: 30 minutes

Cost per serving: \$0.68

| Nutrition Facts | |
|-------------------------------|---------------------|
| Serving Size 1 cup | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 140 | Calories from Fat 5 |
| % Daily Value* | |
| Total Fat 0.5g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 20mg | 1% |
| Total Carbohydrate 33g | 11% |
| Dietary Fiber 5g | 20% |
| Sugars 28g | |
| Protein 2g | |
| Vitamin A 4% | Vitamin C 80% |
| Calcium 8% | Iron 4% |

Fuel up with fruits and yogurt!
 Give your children small jobs to do. Let them stir together the ingredients.

