

TEXAS A&M AGRI LIFE EXTENSION

County Extension Agent

Fallon Foster, M.P.H.

Family & Community Health
County Coordinator

Heston Henry
Agriculture/Natural Resources

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



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

Orange County AgriLife Newsletter February 2018

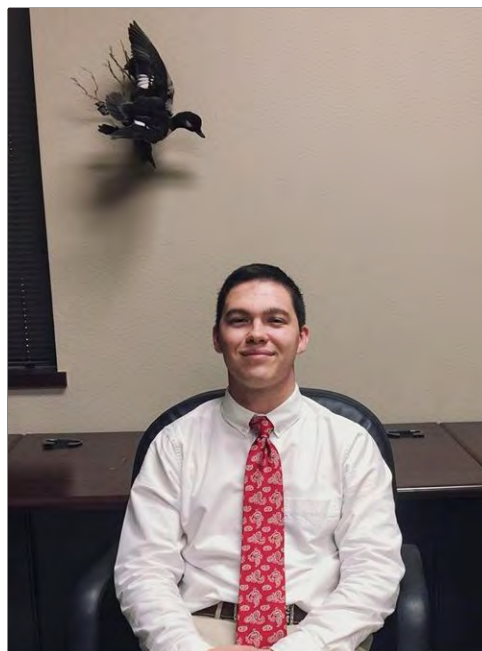


The AgriLife Office will be closed,
Monday, February 19th

Agriculture/Natural Resources

WELCOME

To our New
Agriculture/Natural Resource
Agent
Heston Henry



**THE ORANGE COUNTY MASTER
GARDENERS ASSOCIATION**

PRESENTS

**THE ANNUAL BLOOMIN'
CRAZY PLANT FAIR**

NUMEROUS VARIETIES OF PLANTS WILL BE AVAILABLE



**CORMIER PARK
8235 FM1442
ORANGEFIELD**

**SATURDAY, 3-24-18
8AM - 1PM**

**Ask a
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 .



VISIT [HTTPS://TXMG.ORG/ORANGE](https://txmg.org/orange) FOR MORE INFORMATION



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

Family & Community Health

Pressure Canner Check-Up

Improper pressure canning can result in severe illness or death, it is important that everyone understands the risks involved in using a pressure canner. We use guidelines for pressure canner testing that have been established by the National Center for Home Food Preservation (<http://nchfp.uga.edu/>).



Kick start Your Mondays to a Healthier You!

Food, Fun, & Fitness 8 Week Challenge

Fallon Foster, County Extension Agent for Family & Consumer Health will hold free classes for 8 weeks on Mondays, January 29th–March 26th

5:30 pm to 6:30 pm

Orange County Convention & Expo Center, 11475 FM 1442, Orange

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
AGRI LIFE
EXTENSION

Presented by
Rocky Bridges

Bread Making With Rocky

\$20



**March 17, 2018
10:00 AM
Texas A&M AgriLife
Extension Office
Call 409-882-7010
to reserve your spot
Class size limited to 20
Must register and pay by
March 9th**

**This is a hands-on class to learn
how to make bread from scratch. You will
get to take it home with you!**

TEXAS A&M
AGRI LIFE
EXTENSION

Family & Community Health



Fresh Start to a Healthier You



Come join us and learn about tips on:
saving money at the grocery store, food safety, & meal planning



Location: Texas A&M AgriLife Extension
Office 11475-A FM 1442

Dates: Wednesdays in February 7th, 14th, 21st, & 28th

Time: 2-3 PM

To R.S.V.P or for Questions Contact the office at 409-882-7010

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. If you help you live better. Your food 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.



Discussion Topics:

- Exercise Tips
- Beneficial Food
- A Healthier Body & Much More

Join us Thursday March 1st,
8th, 15, & 22nd

Beginning at 9 AM

Raymond Gould Community
Center Gazebo
385 Claiborne St. Vidor, TX

For Questions or to R.S.V.P
Call: 409-882-7010



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Fix-an-Forget White Chili

- 1 tablespoon cooking oil
- 12 ounces boneless, skinless chicken breast halves, cubed
- 2 15 to 16-ounce cans Great Northern beans or navy beans, rinsed and drained
- 1 (4 ounce) can diced green chiles, undrained
- 1 large onion, chopped
- 2½ cups reduced-sodium chicken broth
- 1½ teaspoons cumin seeds



- 1½ teaspoons bottled minced garlic (3 cloves)
- ¼ to ½ teaspoon cayenne pepper
- ⅛ teaspoon ground black pepper
- Light dairy sour cream (optional)
- Avocado slices (optional)
- Fresh thyme sprigs (optional)

- 1 In a large skillet, cook chicken in hot oil just until lightly browned. Place beans in a 3- ½- to 4-quart slow cooker; mash slightly with a potato masher.
- 2 Add chicken to slow cooker. Stir undrained chile peppers, onion, chicken broth, cumin seeds, garlic, cayenne pepper, and black pepper into mixture in slow cooker. Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3- ½ to 4 hours.
- 3 If desired, serve with sour cream and avocado. If desired, garnish with thyme sprigs.
- 4 Tip: For easy cleanup, line your slow cooker with a disposable slow cooker liner. Add ingredients as directed in recipe. Once your dish is finished cooking, spoon the food out of your slow cooker and simply dispose of the liner. Do not lift or transport the disposable liner with food inside.

Recipe By: Diabetic Living Magazine "Thicken this slow-cooker chicken chili by slightly mashing the beans."

Family & Community Health

Get a taste for eating smart and moving more

12 Reasons to Develop a Regular Eating Routine

1. **Food is everywhere:** From the gas station to the mall, from the vending machine to the chips at home. Without a regular eating routine, it can be hard to resist temptation.
2. **Grazing can lead to overeating:** Without an eating routine, it's easy to graze on whatever food you find. Many people keep picking at food without ever feeling satisfied.
3. **Skipping meals can lead to overeating:** Trying to eat less by skipping breakfast or lunch often backfires, and you end up eating more calories in snacks and dinner.
4. **Getting over-hungry can lead to overeating:** When you are really hungry, it is hard to make healthy choices. It's also hard to eat slowly and to stop when you are satisfied.
5. **Mindless eating can lead to overeating:** It's also hard to make healthy choices and to stop eating when you are doing other things, like driving, reading and watching TV.
6. **Television can lead to overeating:** TV advertisements and shows are full of food cues that make you want to eat whether you are hungry or not.
7. **Routines help maintain a healthy weight:** Establishing regular times and places to eat helps prevent overeating and helps you balance your eating with your activity level.
8. **Routines help build healthy habits:** Develop a routine of cutting up fruit after dinner for a naturally sweet dessert.
9. **Routines help with planning and shopping:** When you eat regular meals and snacks, it is easier to plan healthy choices and easier to make shopping lists.
10. **Routines help save money:** Buying food on impulse is usually more expensive. It's much cheaper to plan ahead and have healthy choices around when you want to eat.
11. **Children do better with a regular eating routine:** Regular meals and snacks help children maintain the ability to eat when hungry and stop when satisfied.
12. **Different routines work better for different people:** Some people feel better with three meals and a snack; others prefer five smaller meals. Choose the best routine for you!



National Nutrition Month® - March 2005
Adapted by the NC NET Program from Eat Right Montana materials

4-H/Youth Development

ORANGE COUNTY LIVESTOCK CLASSIC

SATURDAY, FEBRUARY 24, 2018

ORANGE COUNTY LIVESTOCK SHOW BARN

5319 ARNEL ROAD MAURICEVILLE TX

CRAWFISH FESTIVAL FAIRGROUND



*Each Show Overall
Reserve Champion
Prize & \$50*

*Each Show Overall
Grand Champion
Belt Buckle &
\$100*

*Breed Champion—Prize
Class Winners—Prize
Division—Prize*

~~SWINE LAMBS GOATS STEERS HEIFERS BULLS~~

Show Order Swine, Lambs, Goats, Steers, Heifers, and Bulls

Swine, Lamb & Goat Check In 7 am—8:30 am Show Time 9 am

Steers, Heifers & Bulls Check In 10 am-11:30 am Show Time approximately 12:30

Jr. & Sr. Showmanship

60/40 Split

*\$5 entry paid
at gate*

100% payback



- *Swine, Lamb & Goat shown by Weight*
- *Steers shown by Breed Division & Weight*
- *Heifers shown by Breed Division & Age
(age verification required)*
- *(5 head constitutes a Breed)*

Entry Fee \$25 per animal

Make checks Payable to OCLSA

*Entry fees will be accepted up
until the end of check in.*

Concession Stand Provided. Generators Welcome

Question Contact:

Sabrina Gray 409-670-6260

Bulls will be judged in 4 classes

- *0-12 months*
- *12-18 months*
- *18-24 months*
- *24 months & over*
- *Must have nose ring for Bulls
over 12 months*



4-H/Youth Development

Adult Leaders Association 6 pm

1st Monday, Feb 5th @ 4-H Office 4-H
Parents Welcomed

Dusty Trails 4-H Project Club

2nd Monday, Feb 12th
6pm-8pm @ 4-H Office
Becky Hutchison 409-670-8945

Boots and Bridles 4-H Horse Club

3rd Monday, Feb 19th
6 pm @ T2 Arena
Nicole Kepley 409-779-5521

All Hearts 4-H Homeschool Club

3rd Monday @ 1 pm
Change for Feb. Will Met Feb 12th
4-H Office
Cortney Sanders 979-574-7220
Kristen Hay 409-474-9666

Mighty Pirates 4-H

2nd Tuesday, Feb 13th @ 7 pm,
Vidor Junior High Cafeteria
Kathy Hester 790-8835

Clay Busters Shooting Sports

Meetings—1st Tuesday, Feb 6th @ 6 pm
Tuesdays Shooting practice 6 pm
Orange County Gun Club
Robert Caffey 409-767-6222
robert.caffey@kodiakgas.com



“Learn to Build a Recordbook”

1st Tuesday
Feb 6th
6pm @ 4-H Office



Pitmasters
2nd Monday
Feb 12th
6pm @ 4-H Office
Meeting date may change



Food & Nutrition
(cooking)
3rd Tuesday
Feb 20th
6pm @ 4-H Office



4-H Sewing
4th Tuesday
Feb 27th
6 pm @ 4-H Office



Robotics
4th Thursday
Feb 22nd
6pm - 8 pm
@4-H Office



Livestock Judging
Every Wednesday
6:30 pm at the
4-H Office

4-H/Youth Development

FEBRUARY 2018

BE SURE TO HAVE YOUR ELIGIBILITIES COMPLETED WITH THE SCHOOL BEFORE YOUR SHOW DATE.

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Adult Leaders 6pm @ 4H Ofc	6 Recordbook 6pm @ 4H Ofc Claybusters 6pm @ Gun Club	7	8 San Antonio Livestock Show Begins	9	10 Club Manager Training 10-2 @ 4-H office
11	12 Dusty Trails 6 pm @ 4H Ofc	13 Mighty Pirates 7 pm @ VJH	14 Happy Valentine's Day	15	16	17 Houston Live- stock Show Be- gins
18	19 Office Closed Presidents Day All HEART 1pm Boots & Bridle 6 pm @ T2 Arena	20 Food & Nutri- tion 6 pm @ 4H Ofc	21	22 Robotics 6 pm @ 4H Ofc	23	24 Orange County Livestock Classic
25 San Antonio Ends	26 County Coun- cil 6pm @ 4H Ofc	27 Sewing 6pm @ 4H Office	28			

MARCH 2018

BE SURE TO HAVE YOUR ELIGIBILITIES COMPLETED WITH THE SCHOOL BEFORE YOUR SHOW DATE.

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 Office Closed Texas Indep. Day	3 Club Officers Training 10-2 @ 4 -H ofc
4	5 Adult Leaders Meeting 6pm @ 4H Ofc	6 Recordbook 6pm @ 4H ofc Claybusters 6pm @ Gun Range	7	8	9	10 Duds to Dazzel Workshop 10-2 @ 4H Ofc
11 Daylight Sav- ings Time Begins	12 Dusty Trails 6 pm @ 4H Ofc	13 Mighty Pirates 7pm @VJH	14	15	16	17
18 Houston Ends	19 All HEART 1pm @ TBA Boots & Bridle 6 pm @ T2 Arena	20 Food & Nutri- tion 6 pm @ 4H Ofc	21	22 YMBL Begins Lamb & Goats Robotics 6pm @ 4H Ofc	23 YMBL- Market Poultry	24 YMBL-Rabbits
25 YMBL F-1 & Swine	26 County Food Show Deadline Council 6pm @ 4H Ofc	27 YMBL-Steer Sewing 6 pm @ 4H Ofc	28 YMBL Auction	29 YMBL-Auction	30 Office Closed Good Friday	31

4-H/Youth Development



Texas Section Society for Range Management 64th

Youth Range Workshop

June 17-22, 2018

Texas Tech University Campus
 Junction, Texas

Participants gain useful knowledge and skills in the areas of ecology, inventory practices, management and evaluation of resources. Experts teach the participants in fields ranging from watershed management, to prescribed burning, to soil health, and many areas in between.

Additionally, youth are trained in the areas of public speaking, advocacy, and leadership, so that they are armed with the knowledge they need to effectively educate others in the area of rangeland management, regardless of the career path they ultimately choose. The workshop is open to youth who are 14-18 years old and have completed the 8th grade, but have not graduated from high school.

If you are enrolled in Orange County 4-H and interested in attending, contact the 4-H office,
 409-882-7010

4-H/Youth Development

Calling All 4-H Chefs!

**To participate in
Orange County 2018
County Food Show
"Fresh From The Farm"
Saturday, April 7th
9 am to 12 Noon
at the 4-H Office**

Each 4-H member will select a recipe according to the 2018 Food Show rules and regulations. You will prepare your item at home and bring to the food show. Your food item will be judged by a panel of selected judges. This will prepare you to participate in the 2018 District 9 Roundup in May.

**Registration Deadline
Monday,
March 26th**



Instructor: Ron Hutchison



Important 4-H Dates for 2018

**District Horse Judging
Contest
April 7th**

**District Livestock Judging
Contest
April 21st**

**District 9 Roundup
May 3rd-5th**

**State Roundup
June 5th—7th**

**Youth Range Workshop
June 17th-22nd**

**District Leadership Lab
June 26th—28th**

**Texas 4-H Congress
July 22nd—25th**

Agriculture/Natural Resources

The Field of Plenty

Field of Plenty Goals

Our primary purpose is to encourage people to turn their garden interest into action to help alleviate hunger. We can do that by coming together to



- ◆ Grow and harvest vegetables in raised beds
- ◆ Grow and harvest fruits from an onsite orchard
- ◆ Provide vegetable gardening classes
- ◆ Provide classes on how to prepare, cook and preserve your garden produce

Seasonal Garden Tasks

Spring Most vegetable plants are seeded or transplanted during the months of March, April and May. The three WWW's of gardening apply here: Water, Weed, and Wait.

Summer The months of June, July, and August are hot and most vegetables stop producing. During these months you clear the garden beds and refresh the soil nutrients. A few veggies are planted at this time such as okra, southern peas, and pumpkins. Bed preparation for a fall garden is done in August.

Fall Cool season vegetables are planted in September and October. Again, you water, weed and wait for your harvest.

Winter Cool season vegetables are harvested in November, December, and January. Bedding plants are started and garden beds are prepared for the spring garden.

The Field of Plenty Plan

The Field of Plenty donation garden has progressed from an empty two acre lot to a garden space that provided over 4000 lbs. of food to Orange Christian Services in 2017. The Field of Plenty project is a separate program from the food pantry program provided by Orange Christian Services and is funded separately through donations and grants.

Basic services have been provided to The Field such as a city water meter, initial plumbing to provide water for raised beds, and a garden property line fence.

In 2018 the Field of Plenty plan is to complete an orchard space, provide a covered outdoor classroom, and a memorial butterfly garden.

How can I participate in The Field of Plenty?

The garden is planted, watered, and harvested by volunteers. Come to the garden and become a crucial part of The Field of Plenty team.

In the Garden

Volunteer to help plant, maintain, and harvest the garden. Public garden hours are limited but signed-up, regular volunteers can accomplish designated tasks as needed with flexible hours.

For the Garden

Donate materials. Help us grow the program through financial donations. Annually sponsor a bed to provide for renewing the soil with compost, fertilizer, and seed.

The Field of Plenty

About Us

The Field of Plenty is a three year old program addition to Orange Christian Services. The garden is established on the acreage located directly behind the OCS building. The purpose of the garden is to supply fresh fruit and vegetables to the OCS food pantry. The garden is organized as a donation community garden with all produce being donated directly to Orange Christian Services. The Field of Plenty provides educational opportunities to the community for those who would like to learn how to garden and how to prepare nutritional meals from the foods planted and harvested.

Contact Us

Email: TheFieldofPlenty@gmail.com

Phone: 409-886-0938

FB: <https://www.facebook.com/fieldofplenty>

We would love to hear from you.



THE FIELD OF PLENTY

2120 Wickard

Orange, Texas 77630

January 2018

Agriculture/Natural Resources

How to Grow Sprouts in a Jar

Sprouts are great for adding a bit of flavor or crunch to a salad or sandwich, and can really boost the nutritional value of your meal. For example, one cup of bean sprouts provides 119% of your daily Vitamin C, and **broccoli sprouts are considered by nutritionists to be a “cancer-fighting superfood” due to high levels of phytochemicals (mainly sulforaphanes).**

When you consider the additional fact that sprouts are the single most simple crop to grow, and that anyone can **grow them in approximately four inches of countertop space, we can't imagine why there isn't a sprout jar in every kitchen.**

Equipment for Growing Sprouts in a Jar

Wide mouth jar (We like Mason canning jars, but you can reuse a jar from peanut butter or pasta sauce, too. Just wash it very well.)

Sprouting seeds

Fine mesh strainer or [cheesecloth](#)

Bowl with lid or plastic storage bag for storing sprouts

Seeds and Varieties

The important thing to note about buying seeds for sprouting is that you should look for seeds specifically labeled as “sprouting seeds” or “for sprouting.” **The reason behind this is that they have been cleaned well and are pathogen-free.** Sometimes you can find packets of sprouting seeds in garden centers, but if not, check your favorite seed catalog; many now sell sprouting seed.

As far as varieties go, you may be surprised at how many types of veggies you can eat as sprouts. Most of us are familiar with alfalfa sprouts and bean sprouts, but consider radish sprouts, beet sprouts, pea sprouts, and sunflower. In general, any plant from which you might eat the stems and leaves is a good option for sprouting. **Plants from which you only eat the fruits (such as tomatoes and peppers) won't work.**

Growing sprouts in a jar is easy. Here's how to do it:

Place one to two tablespoons of seeds in your jar, and cover with approximately two inches of warm water. Let this sit overnight.

Drain the water, using a fine sieve or cheesecloth.

Rinse the seeds by adding water to the jar, swishing the seeds around, and draining.

Repeat twice a day, every day until your sprouts are the desired size. This will take anywhere from three to seven days, depending on the variety of sprout you're growing. Sprouts are best when they're still fairly small and just starting to turn green.

Store your sprouts in a covered bowl or food storage bag with a paper towel inside to absorb excess moisture. Use the sprouts within a week.

While growing sprouts in a jar is a very easy method, there are also other gadgets you could buy for your sprouting operation, including multi-tiered sprouters, jar lids with different size strainers for easy rinsing and draining, and even sprouters that automate the rinsing process for you. It can be as simple as elaborate as you want. Either way, growing sprouts is a great way to get a little more nutrition into your diet.

Agriculture/Natural Resources

Using Hydrogen Peroxide in Gardening

You can use hydrogen peroxide when gardening regardless if for seeds, seedlings, over-watering, sick plants or even to kill weeds. By using the charts below, you will be guided with how much to use with what amount of water.

To water or mist plants, to soak seeds:

TO THIS AMOUNT OF WATER	ADD THIS AMOUNT OF 3% HYDROGEN PEROXIDE	--OR-- ADD THIS AMOUNT OF 35% HYDROGEN PEROXIDE
1 cup	1 $\frac{1}{2}$ teaspoon	7 - 10 Drops
1 quart	2 Tablespoons	$\frac{1}{2}$ Teaspoon
1 gallon	$\frac{1}{2}$ Cup	2 Teaspoons
5 gallons	2 $\frac{1}{2}$ Cups	3 Tablespoons plus 1 Teaspoon
10 gallons	5 Cups	$\frac{3}{4}$ cup plus 1 Tablespoon plus 1 Teaspoon
20 gallons	10 Cups	1 - 1.5 Cups

To spray on sick or plants with fungus:

TO THIS AMOUNT OF WATER	ADD THIS AMOUNT OF 3% HYDROGEN PEROXIDE	--OR-- ADD THIS AMOUNT OF 35% HYDROGEN PEROXIDE
1 cup	1 Teaspoon	$\frac{1}{4}$ Teaspoon
1 pint	2 Tablespoons	$\frac{1}{2}$ Teaspoon
1 quart	$\frac{1}{4}$ Cup	1 Teaspoon
1 gallon	1 Cup	1 Tablespoon plus 1 Teaspoons
5 gallons	5 Cups	6 Tablespoons plus 2 Teaspoon
10 gallons	10 Cups	$\frac{3}{4}$ cup plus 1 Tablespoon plus 1 Teaspoon
20 gallons	20 Cups	1 $\frac{1}{2}$ cup plus 2 Tablespoon plus 2 Teaspoon

REMEMBER: Choose the correct column depending of is you are using 3% or 35% hydrogen peroxide.

Doubling the recipe is not always better except on your sickly plants for a short period of time.

A solution of 10% hydrogen peroxide can be used as a weed killer. It will kill your plants at this concentration.

Thanks to <http://www.using-hydrogen-peroxide.com/gardening-with-hydrogen-peroxide.html> article "Gardening with Hydrogen Peroxide"

Family & Community Health

Diabetes During Cold and Flu Season

It's that time of year again—coughs, colds and the flu! Being ill can have a strange effect on your blood sugar (glucose) levels. Here are simple rules to follow when you become sick:

- ♥ Check your blood sugar (glucose) levels about every 3-4 hours.
 - ♥ Substitute sick-day foods for normal foods if you have nausea or vomiting. Talk with a dietitian about which sick day foods would be good for you. Try to keep soup, rice or frozen fruit bars in your kitchen, especially during cold and flu season.
 - ♥ Drink a lot of caffeine-free liquids. Drink non-diet liquids to prevent hypoglycemia if you have taken your diabetes medicine and you are vomiting.
 - ♥ Always take your normal dose of insulin or diabetes pills, even if you're not eating normally. If you use insulin, your doctor might prescribe a higher dose, and if you use diabetes pills, your doctor might prescribe insulin as a supplement.
 - ♥ Keep on hand sick day medications that have been approved by your doctor. People with diabetes should not take some over-the-counter medications because they have sugar in them, and they could raise your blood glucose level.
- ♥ You have been sick for 1-2 days without getting better
 - ♥ You've been vomiting or have had diarrhea for more than 6 hours.
 - ♥ You lose 5 pounds or more.
 - ♥ Your temperature is over 101 degrees.
 - ♥ Your blood glucose is lower than 60 mg/dl or remains over 300 mg/dl.
 - ♥ You're having trouble breathing.
 - ♥ You've taken insulin and your glucose levels are over 240 mg/dl after 2-3 doses of additional insulin or below 6— mg/dl.
 - ♥ You've taken diabetes pills and your pre-meal blood glucose is 240 mg/dl or higher for more than 24 hours.
 - ♥ You feel sleepy or can't think clearly. Have someone call your health care provider or take you to the emergency room.

Diabetes During Cold and Flu Season written by Courtney J. Schoessow, MPH. November 2003.

IS IT A COLD OR THE FLU?



Agriculture/Natural Resources

SPRING AND FALL VEGETABLE PLANTING GUIDE

Name of Crop	Inches Between Row	Inches Between Plant in Row	Spring Planting Dates	Fall Planting Dates	Approx. Days to Maturity
Beans (Bush)	18 – 30	3 – 4	March 5 to April 30	Aug 1 to Sept 20	50 -70
Beans (Pole)	24-30	12 - 18	March 1 to April 15		50 – 90
Beets	12-24	2 – 3	Feb. 1 to March 1	Sept. 15 to Nov. 1	60 – 70
Broccoli	24 – 30	12 – 20	Feb. 1 to Feb. 15	Aug. 15 to Oct. 1	70 – 100
Brussel Sprouts	24 – 30	12 – 20		Sept. 1 to Oct. 1	100 – 110
Cabbage	24 – 30	12 – 20	Jan. 15 to Feb. 15	Sept. 1 to Nov. 15	70 – 100
Carrots	12 -24	2	Jan. 15 to Feb. 15	Oct. 1 to Nov. 1	80 – 90
Cauliflower	24 – 30	12 – 20	Feb. 1 to Feb. 15	Sept. 1 to Oct. 1	80 – 100
Collards	12 – 24	6 – 12	Feb. 1 to Feb. 28	Sept. 1 to Oct. 1	60 – 90
Corn (Sweet)	24 – 36	8 – 12	March 5 to April 15	Aug. 1 to Aug. 15	80 – 100
Cucumber	36 – 48	18 – 36	March 15 to May 1	Aug. 15 to Sept. 20	60 – 80
Eggplant	18 – 30	18 – 24	March 1 to April 15		90 – 100
Garlic	12 – 24	2 – 4		Sept. 15 to Oct. 15	150 – 160
Kohlrabi	12 – 24	3 – 5	Jan. 15 to March 1	Sept. 15 to Oct. 20	65 – 85
Lettuce (Leaf)	12 – 24	2 – 3	Feb. 1 to April 2	Sept. 15 to Oct. 15	50 – 90
Mustard	12 -24	4 – 8	Feb. 15 to April 1	Sept. 1 to Nov. 1	40 – 50
Okra	30 – 40	18 24	April 1 to July 15		65 – 75
Onion (seeds)	12 – 24	2 – 3		Sept. 1 to Nov. 15	100 – 130
Onion (plants)	12 – 24	2 – 3	Jan. 15 to Feb. 15		90 – 130
Peas (English)	18 – 30	1	Jan. 10 – Feb. 15	Oct. 1 to Nov.1	65 – 105
Peas (Southern)	24 – 36	3 – 5	April to May 20	Aug. 1 to Sept. 1	70 – 90
Pepper	24 – 36	18 – 24	March 1 to April 25		70 – 100
Potatoes (Irish)	24 – 36	8 – 12	Jan. 15 to Feb. 20	Aug. 15 to Sept. 1	90 – 110
Potatoes (Sweet)	30 – 36	10 – 14	April 1 to May 20		110 – 140
Radish	12 – 24	1	Feb. 1 to April 15	Sept. 1 to Oct. 15	35 – 50
Spinach	12 – 24	3 – 4	Jan. 1 to Feb. 15	Sept. 1 to Nov. 1	50 – 70
Squash (Summer)	30 – 40	14 -30	March 20 to May 1	Aug. 1 to Sept. 1	60 -70
Tomato	24 - 40	18 – 30	March 1 to April 20	July 15 to Aug. 1	80 – 100
Turnip (Greens or root)	12 – 24	2 – 3	Jan. 15 to March 15	Sept. 1 to Oct. 15	40 - 70

Approximate first killing frost, November 15

Approximate last killing frost, March 5

As a home vegetable gardener in Texas, one of your first purchases happens to be one of the most important – the purchase of seeds and plants. And, if you want maximum returns from your gardening efforts, use only the best varieties available along with time-tested and proven gardening techniques and practices. Why is selecting the proper variety so important? There are many, many different varieties of garden vegetables; however, there are only three or four varieties of any one vegetable well suited or adapted to your particular area of Texas. It is important to get the varieties that do well in your area of the state. The back side of this page is a list of the vegetable varieties recommended for use in Texas gardens.

Dr. Douglas F. Welsh

What's Cooking!
Chile-Cheese Stuffed Mushrooms
Great for Super Bowl Sunday-February 4th

Cooking spray
24 medium button mushrooms (about 1 pound)
4 ounces canned, chopped green chiles, drained
1/2 cup shredded, low-fat sharp Cheddar cheese

Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Place the mushrooms with the stem side down on the foil. Lightly spray the mushrooms with cooking spray. Bake for 10 minutes. Transfer the baking sheet to a cooling rack. Turn the mushrooms over. Fill each with the chiles. Sprinkle with the Cheddar. Bake for 5 minutes, or until the Cheddar is melted. Remove from the oven and let stand for 3 minutes so the flavors blend.
Yields: 8 servings (3 mushrooms =1 serving)

Nutrition Facts per Serving:

Calories: 35
Total Fat: 1.5 g
Saturated Fat: 1 g
Cholesterol: 4 mg
Sodium: 96 mg
Total Carbohydrate: 2 g
Dietary Fiber: 1 g
Sugars: 0 g



Source: American Heart Association