

TEXAS A&M AGRI LIFE EXTENSION

County Extension Agents

Fallon Foster, M.P.H.

Family & Community Health
County Coordinator

Heston Henry
Agriculture/Natural Resources

Office 409-882-7010



Scan and go directly to
our AgriLife website

orange.agrilife.org



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
Texas A&M AgriLife Extension



Scan and go directly to
our Facebook page

Orange County AgriLife Newsletter

April 2018



Lawn Maintenance Two Weeks After Green-Up

Fertilize the lawn with a 3-1-2 or 4-1-2 nutrient ratio such as 15-5-10, 12-4-8, 16-4-8 or similar type. Do not over fertilize.

A soil test may be taken to determine if lime is needed.

A general rule is to apply

8 – 10 lbs. of agricultural limestone or dolomite per 100 square feet every 3 – 4 years.

Broadleaf weeds should be sprayed in early spring when tender and actively growing. Wipe-Out, 33-Plus, Super Weed-No-More, Weed-Out or other products containing "trimec" are recommended.

Family & Community Health

Texas A&M AgriLife Extension & Committee on Aging Invites you to Join us for our

49th Annual Senior Citizens Rally Day

Health Vendors & Screenings



Door Prizes

To Be Healthy 😊

Come Enjoy
Bingo
Fellowship
Free Lunch
Entertainment



Tuesday, May 8, 2018

9 am to 1 pm

Orange County
Convention & Expo Center
11475 FM 1442 Orange



TEXAS A&M
AGRI LIFE
EXTENSION

Questions Call
409-882-7010



Lions Eye Bank of Texas
will accept all used
eye glasses



Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact the Extension office at 409-882-7010, five working days prior to the meeting so appropriate arrangements can be made.

More Reasons to Eat Fruit!



Cherries help calm
your nervous system



Grapes relax your
blood vessels



Peaches are rich in
potassium, fluoride,
and iron



Apples help your body
develop resistance
against infections



Watermelon helps
control your heart rate



Oranges help maintain
great skin and vision



Strawberries can
potentially fight against
cancer and aging



Bananas are great for
athletes because they
give you energy



Pinapples help
fight arthritis



Blueberries protect
your heart



Kiwis increases
bone mass



Mangos protect against
several kinds of cancer

Agriculture Symposium: Putting \$ Back in Your Pocket

Tuesday, April 17, 2018

7:30 am to 12:15 pm

Texas A&M AgriLife Extension Office

11475 FM 1442 Orange

The following topics will be discussed by Extension Range, Agronomist and Livestock Specialist through a Webinar on Marine, Range and Livestock and Cropping Systems. Additional applications training will follow. This Webinar is Free to all participants.

CEU's will be provided for those with an pesticide applicators license.

Please register by Thursday, March 29, 2018 by calling the AgriLife office at 409-882-7010

Family & Community Health

Youth Summer Activities for June



YOUTH Summer 2018 COOKING Camp

June 11-15, 2018
10 am to 2 pm
Orange County
Convention & Expo Center
11475 FM 1442 Orange
Limited to 60 Kids

Ages 8 to 14
(No exception)

Food Challenge held Thursday


 (Reminder: If you attended the last 2 year, you must wait till 2019 to participate.)
 

\$45 per child
payable by cash or check to H.O.P.E.
Limited Scholarships available. Call Agrilife to inquire.
Release form and payment must be received in the Agrilife office by June 1, 2018.
Registration Opens May 1st. - Register Online or Call the office

To Register: go to orange.agrilife.org and click on the Youth Cooking Camp Registration tab



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.

Interested in being a Adult Volunteer for the cooking camp?

Call the Agrilife Office at 409-882-7010

Like us on Facebook:

Texas A&M AgriLife Extension-Orange County

Registration for Outdoor Awareness
 Opens MAY 1st
 online registration.
 No early registrations accepted.

Registration for Cooking Camp
 Opens MAY 1st
 online registration.
 No early registrations accepted.

The 3rd Annual Michael Hoke Memorial Outdoor Awareness for Kids

Free!!

Fun!!

Food!!



Ages 8-14
June 21, 2018
Claiborne West Park
4105 North St, Vidor, TX
9am - 2:00pm



Check-in the day of event: 8:30am

To register go to orange.agrilife.org and click
 on the Outdoor Awareness tab.

Deadline to Register: June 8, 2018
Call 409-882-7010 if you have any questions



TEXAS A&M AGRILIFE EXTENSION


TSSWCB
 Lower Sabine-Neches
 SWCD #446



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Family & Community Health

July/August Youth Summer Activities

Good Table Manners

"Please" and "Thank you" along with Etiquette

July 16th - 18th, 2018

9 am to 1 pm

Youth Ages 8-18



Youth Canning Class for Ages 8-14 July 19th 9am-2pm



Day Camp Adventures
July 31st, August 1st & 2nd, 2018
1 pm to 4 pm
Youths Ages 5—8

Sewing 101

for beginners.....only

July 23rd - 25th, 2018

9 am to 2 pm

Fresh Pea Salad

ingredients

- 4 strips bacon
- 2 cups peas (fresh or frozen)
- 1/2 cup cheddar cheese, shredded or diced
- 1/4 cup red onion, diced
- 1/4 cup mayonnaise
- 2 teaspoons lemon juice
- 1 tablespoon mint, chopped (optional)

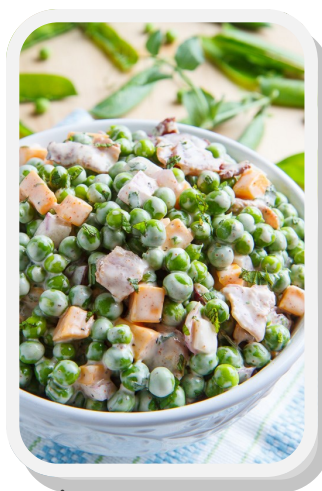
salt, pepper and cayenne to taste

directions

1. Cook the bacon, drain it and crumble it.
2. Mix everything and optionally let chill in the fridge for 30 minutes.

Option: Replace the mayonnaise with sour cream or greek yogurt or ranch dressing or a combination of them.

Option: Add diced hard boiled eggs.



Family & Community Health

WHAT ARE SOLID FATS?

Solid fats are fats that are solid at room temperature, like beef fat, butter, and shortening. Solid fats mainly come from animal foods and can also be made from vegetable oils through a process called hydrogenation.

- butter
- milk fat
- beef fat (tallow, suet)
- chicken fat
- cream
- pork fat (lard)
- stick margarine
- shortening
- hydrogenated and partially hydrogenated oils*
- coconut oil*
- palm and palm kernel oils*

*The starred items are called "oils" because they come from plant sources. Even though they are called "oils," they are considered to be solid fats because they are high in saturated or trans fatty acids.

Most solid fats are high in saturated fats and/or trans fats and have less monounsaturated or polyunsaturated fats. Animal products containing solid fats also contain cholesterol. Saturated fats and trans fats tend to raise "bad" (LDL) cholesterol levels in the blood. This, in turn increases the risk for heart disease. To lower risk for heart disease, cut back on foods containing saturated fats and trans fats. Some foods that contain solid fats include:

- many desserts and baked goods, such as cakes, cookies, donuts, pastries, and croissants
- many cheeses and foods containing cheese, such as pizza
- sausages, hot dogs, bacon, and ribs
- ice cream and other dairy desserts
- fried potatoes (French fries) - if fried in a solid fat or hydrogenated oil
- regular ground beef and cuts of meat with marbling or visible fat
- fried chicken and other chicken dishes with the skin

In some cases, the fat in foods is not visible. For

example, the fat in fluid milk is a solid fat. Milk fat (butter) is solid at room temperature but it is suspended in the fluid milk by the process of homogenization.

In contrast to solid fats, oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants - such as corn and peanuts - and from fish. A few plant oils, including coconut oil and palm oil, are high in saturated fats and for nutritional purposes are considered solid fats.

Solid fats and oils provide the same number of calories per gram. However, oils are generally better for your health than solid fats because they contain less saturated fats and/or trans fats. Foods containing partially hydrogenated vegetable oils usually contain trans fats. Trans fats can be found in many cakes, cookies, crackers, icings, margarines, and microwave popcorns.

15 Healthy Fat Sources

1. Flaxseed
2. Almonds
3. Olive Oil
4. Avocado
5. Walnuts
6. Virgin Coconut Oil
7. Salmon
8. Peanuts
9. Clarified Butter
10. Ripe Olives
11. Peanut Oil
12. Hemp Seed Oil
13. Pecans
14. Cashews
15. Dark Chocolate



4-H/Youth Development

Adult Leaders Association 6 pm

1st Monday, April 2nd @ 4-H Office 4-H

Clay Busters Shooting Sports

Meetings—1st Tuesday, April 3rd @ 6 pm

Tuesdays Shooting practice 6 pm

Orange County Gun Club

Robert Caffey 409-767-6222

robert.caffey@kodiakgas.com

Dusty Trails 4-H Project Club

2nd Monday, April 9th

6pm-8pm @ 4-H Office

Becky Hutchison 409-670-8945

Mighty Pirates 4-H

2nd Tuesday, April 10th @ 7 pm,

Vidor Junior High Cafeteria

Kathy Hester

Tammy Glawson 409-474-2811

Franny Woods 409-330-7024

Boots and Bridles 4-H Horse Club

3rd Monday, April 16th

6 pm @ T2 Arena

Nicole Kepley 409-779-5521

All Hearts 4-H Homeschool Club

3rd Monday, April 16th

1 pm @ 4-H Office

(may meet at the Park)

Cortney Sanders 979-574-7220

Kristen Hay 409-474-9666

County Council

4th Monday, April 23rd @ 4-H Office



“Learn to Build a Recordbook”

1st Tuesday

April 3rd

6pm @ 4-H Office



Pitmasters

Meeting date may change

Call the office or Mr. Ron



Food & Nutrition (cooking)

3rd Tuesday

April 17th

6pm @ 4-H Office



4-H Sewing

4th Tuesday

April 24th

6 pm @ 4-H Office



Robotics

4th Thursday

April 26th

6pm - 8 pm

@4-H Office

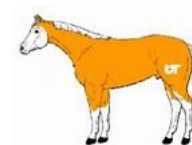


Livestock Judging

Every Wednesday

6:30 pm at the

4-H Office



HORSE JUDGING

Horse Judging

Every Thursday

6:30 pm at the

4-H Office

4-H/Youth Development

APRIL 2018

NOTICE: From last months newsletter there has been added dates to the April calendar. ALSO all meeting held at the 4-H office unless otherwise noted.

SUN	MON	TUE	WED	THU	FRI	SAT
1 YMBL Ends HAPPY EASTER	2 Adult Leaders Meeting 6pm	3 Recordbook 6pm Clay Busters 6pm @ Gun Range	4 Livestock Judging deadline District Roundup Deadline	5 Horse Judging 6 pm	6	7 BBQ cookoff Horse Judging contest
8	9 Dusty Trails 6 pm	10 Mighty Pirates 7pm @VJH	11 Livestock Judging 6 pm TSC Paper Clover Campaign begins	12	13	14
15	16 All HEART 1pm @ TBA Boots & Bridle 6 pm @ T2 Arena Storyboards due in 4-H Office Office deadline Lamb/Goat, Steer & Heifer for Dallas & Majors	17 Food & Nutrition 6 pm	18 Livestock Judging 6pm	19 Goat tag order deadline for Dallas State Fair	20	21 Judging Contest at College Station
22 TSC Paper Clover Campaign End	23	24 Sewing 6 pm	25 Swine tag order deadline for Dallas State Fair	26 Robotics 6pm	27	28
29	30 Council 6pm					

May will be the last month of 4-H meetings for most clubs. Check with your Club Manager

MAY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Recordbook 6pm Clay Busters 6pm @ Gun Range	2 Livestock Judging 6 pm	3 District 9 Roundup—Big Time in D-9 Conroe. NO Horse Judging	4 District 9 Roundup—Big Time in D-9 Conroe	5 District 9 Roundup—Big Time in D-9 Conroe
6	7 Adult Leaders Meeting 6pm	8 Mighty Pirates 7pm @VJH	9 Livestock Judging 6 pm	10 Horse Judging 6 pm	11	12
13 HAPPY MOTHER'S DAY	14 Dusty Trails 6 pm	15 Food & Nutrition 6 pm	16 Livestock Judging 6 pm Leadership Lab entry deadline on Connect	17 Horse Judging 6 pm State Roundup entry deadline on connect	18	19
20	21 All HEART 1pm @ TBA Boots & Bridle 6 pm @ T2 Arena	22 Sewing 6 pm	23 Livestock Judging 6 pm	24 Horse Judging 6 pm Robotics 6pm @ pm	25	26
27	28 MEMORIAL DAY-OFC Closed	29 Council 6pm <u>NOTICE DATE CHANGE</u>	30 Livestock Judging 6 pm	31 NO Horse Judging		

4-H/Youth Development



Instructor: Ron Hutchison

**2018-2019 4-H Club Officer Elections at all
Club Meetings in May**
(except for Clay Busters)

2018-2019 New Bylaws will be adopted at May meeting.

2018-2019 Club Officer Training
Saturday, August 4th
Time to be announced.
This training is mandatory

County Council will also hold officer elections,
Tuesday, May 29th.
Youth ages 12-18 years of age
are qualified to run for council.

4-H/Youth Development

2018 State Fair Of Texas Validation

Tag order must be called into the 4-H Office by deadline date.

You will be responsible for late tag orders through the office

Swine Tag order Deadline

Wednesday, April 25, 2018

Lamb and Goat Tag order

deadline-Monday, April 16, 2018

State Fair of Texas (Dallas) & Major Shows (Ft. Worth, San Angelo, San Antonio, Houston & Austin)

Steer & Heifer Validation

Tag order must be called into the 4-H Office by deadline date. You will be responsible for late tag orders through the 4-H office.

Steer Tag order

Monday, April 16, 2018

Heifer UIN count for Fall Show

Monday, April 16, 2016

HORSEMANSHIP CLINIC 101



Saturday June 30th, 2018

8 AM– 2 PM

Tin Top 2 (T2) Arena

3810 Old Peveto Road Orange

Deadline to register: June 20th, 2018

\$15 per person, includes meal and supplies

Coggins required to participate with your horse.

Teaching Basic Horsemanship skills and safety around horses.

NO STUDS ALLOWED

You do not have to own a horse to attend.

For additional information contact the

Orange County 4-H Office

409-882-7010



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4-H/Youth Development

2018 MARKET POULTRY WORKSHOP



WHEN

May 19th, 2018

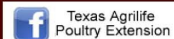
8am – 2pm

**Thomas G.
Hildebrand, Equine
Complex**

Texas A&M University,
3240 F and B Rd, College Station, TX 77843

This workshop provides an excellent opportunity to "hear the experts" and work alongside Texas' major poultry judges.

Educational activities include in-depth discussion on: Brooding, management, sanitation, feeding programs, and selection methods for show broilers and turkeys



ALL AGES EVENT

ADVANCE TICKETS

\$75/person or family
\$30 CEA and Ag Teachers

AT THE DOOR OR AFTER 5/11

\$90/ person or family
\$40 CEA and Ag Teachers

REGISTER ONLINE @

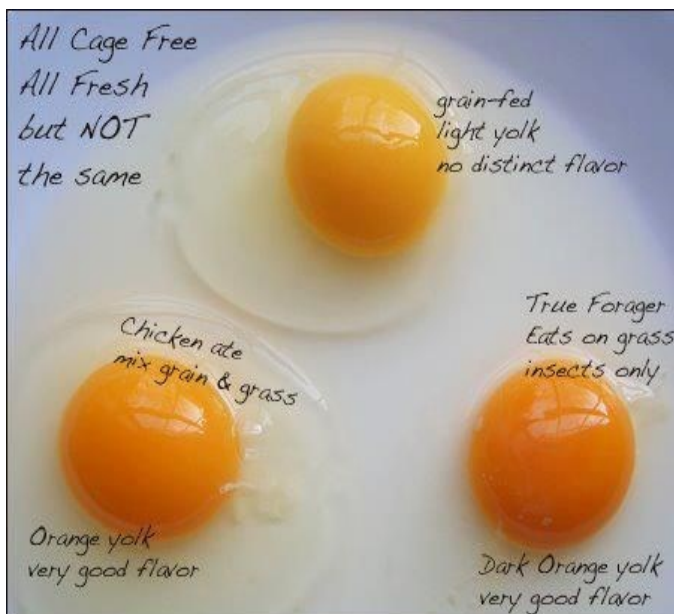
Agriliferegister.tamu.edu

TEXAS A&M
AGRILIFE
EXTENSION

101 Kleberg Building
Phone: 979-845-4318



Proven Results:
Past participants



Texas 4-H Presents

The Adventure Begins

2018 Virtual Professional
Development Conference

SAVE THE DATE

Wednesday, August 22, 2018

JOIN US AS WE EXPLORE THE WORLD OF 4-H

*Topics for agents, program assistants, support staff,
and volunteers!*

Agriculture/Natural Resources



13 WAYS TO SHOW YOU CARE EVERY DAY


REDUCE

1. Create less garbage. Buy items with the least wrapping
2. Save paper. Whenever possible, use both sides, not just one.
3. Save water. Take short showers, not baths.
4. Save energy. Turn off lights when they are not in use.
5. When shopping bring your own bags, keeping them handy on your front car seat.

REUSE

1. Choose long lasting electric razors, not disposables.
2. Set up a compost heap for yard waste.
3. Buy reusable glasses and plates, not the throw-away kind.
4. Use rechargeable batteries.

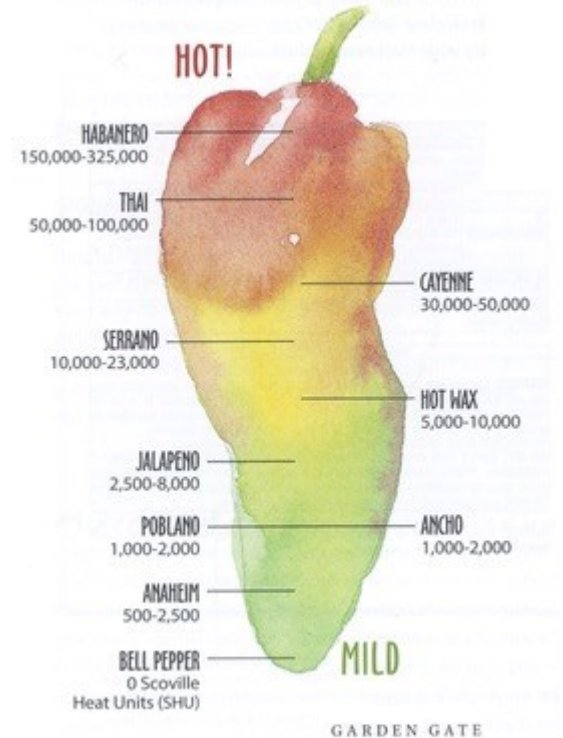
RECYCLE

1. Save Earth's resources. Recycle cans, glass, paper, and plastic.
2. Find new ways to use old things (i.e. turn old coffee cans into pencil holders)
3. Buy items that have the recycle symbol 
4. Swap, donate or give away items you no longer need.

Recycling can be left at the Orange County Landfill. They take all paper products including cardboard along with plastic, metal, tin and aluminum cans. The Landfill is currently open Monday thru Saturday 7AM - 5PM until further notice. When extended hours are over, their regular hours are normally Wednesday and Saturday 7AM - 3PM.



How HOT is My Pepper?



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 .



Family & Community Health



Certified Food Managers Two Day Course with Test

Tuesday, April 10th &
Wednesday, April 11th
Registration Deadline:
March 20th



Classes are held 9 am to 5 pm each day

Fallon Foster, M.P.H.
County Extension Agent
Family & Consumer Science
will conduct the course and
exam at the Extension office
11475 FM 1442 Orange,
409-882-7010.



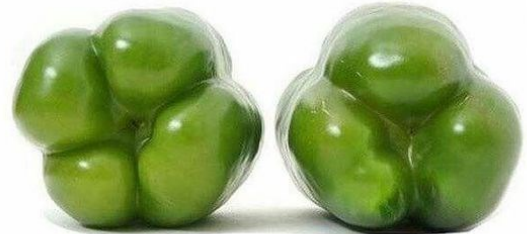
Must pre register by obtaining the
registration form from
<http://foodsafety.tamu.edu>

Must submit payment of \$125 per person
payable to FPM Account 230202 along with
registration form to FPM prior to deadline
dates.

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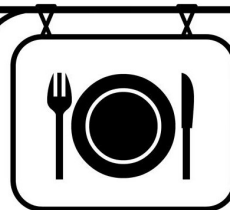
FOODFACT:



pragati@tamu.edu

Flip the bell peppers over to check their gender. The ones with 4 bumps are females and those with three bumps are male. The female peppers are full of seeds, but sweeter and better for eating raw and the males are better for cooking. I didn't know this.

Texas Department of State Health Services accredited food handlers program



FOOD HANDLER'S Training Class

May 10th, 2018
August 14th, 2018
November 15th, 2018

6 pm to 8 pm

\$20 per person paid
day of class
Make check or money
order
payable to
FPM Account 230202
No cash accepted

To PRE-REGISTER Call
409-882-7010
Class will be held at
AgriLife Extension Office
11475 FM 1442 Orange



This class is recommended for all food service employees to
help promote the service of safe food.

**TEXAS A&M
AGRI LIFE
EXTENSION**

Class taught by
Fallon Foster, M.P.H.
Family & Consumer Agent

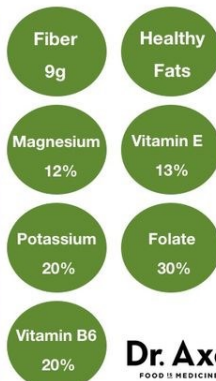


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The Amazing BENEFITS of Avocados

Balance Hormones
Moisturize Skin
Improve Digestion
Lower Cholesterol
Improve Mood
Fix Blood Sugar
Healthy Pregnancy



Dr. Axe
FOOD IS MEDICINE

Family & Community Health

Partnering for a Healthier South East Texas Highlighted Agency: Area Agencies on Aging

Whether you are an older adult or a caregiver concerned about the well-being and independence of an older adult, Area Agencies on Aging (AAA) are well-suited to help meet your needs. AAA plan, coordinate and offer services that help older adults remain in their home and maintain their functional independence. By providing a range of information and options, AAA makes it possible for older individuals to choose the services and living arrangements that suit them best.

AAA was established under the Older Americans Act (OAA) in 1973 to respond to the needs of Americans ages 60 and over in every local community. The OAA also helps fund Native American aging programs, known as "Title VI," to meet the unique needs of older American Indians, Eskimos and Hawaiians. The services available through AAA and Title VI agencies fall into five broad categories: information and access services, community-based services, in-home services, housing and elder rights.

Within each category a range of programs is available – some examples include:

Nutrition – Home delivered meals, congregate meals and nutritional counseling.

In-Home Assistance – Support for homebound elderly who want to be as independent as possible, including housekeeping, domestic chores, personal care and visitation.

Transportation – Rides to essential destinations such as nutrition sites, senior centers, health appointments and grocery shopping.

Senior Centers – Places to go for nutrition services, employment services and health screening, as well as a venue for social interaction and recreation. Information.

Referral and Assistance – Helps to obtain information about federal, state or local services.

Benefits Counseling/Legal Assistance – Help provided by trained benefits counselors on public and private benefits.

Care Coordination – Arrangement and coordination of services for older people in the most efficient, economical way.

Nursing Home Ombudsmen – Trained and certified volunteer advocates, supervised by professionals, who visit nursing facilities and work with the residents, families and facility employees to achieve the best possible care and quality of life.

Health Maintenance – Coordination or provision of health services including, but not limited to, health screening, oral health and optical services, as well as help with the proper use or prescription drugs. Other

Assistance – Services such as home repair/modification, adult day care, emergency response systems, respite services and escort service.

Service availability is determined by the regional needs of older persons who reside within the service area, the level of funding available to support these services and the availability of providers to deliver these services. Not all services are available through all AAA. All persons age 60 and older are eligible for AAA services under Older Americans Act programs. When program resources are limited, priority is given to those in greatest economic and social need; however, no income test is required. Voluntary contributions are encouraged to defray costs and expand services. AAA often serve as portals to care, assessing multiple service needs, determining eligibility, authorizing or purchasing services and monitoring the appropriateness and cost-effectiveness of services. AAA provides direct services and contract with local providers to furnish other services in the community. Application for services should be made through the local Area Agency on Aging serving the location where the person who needs help lives. In Texas, services funded under the Older Americans Act are offered through 28 local Area Agencies on Aging, based in various regions throughout the state.

For more information, visit the Texas Department of Aging and Disability Services website: <http://www.dads.state.tx.us/contact/aaa.cfm> or by phone: 1.800.252.9240. You may also dial 2-1-1 from your home telephone.

Family & Community Health

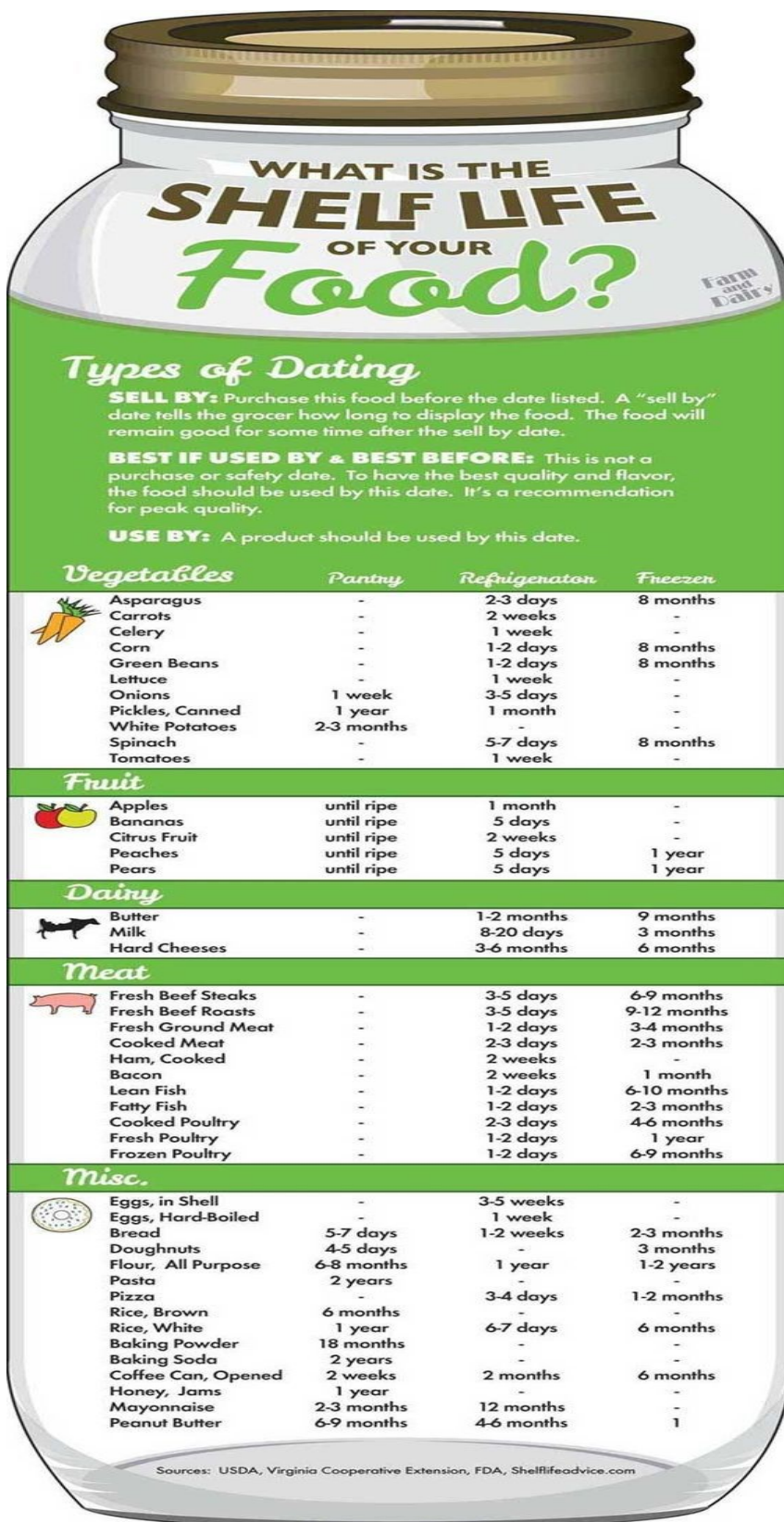
Fresh Start to a Healthier You Graduates



Food, Fun, and Fitness



Family & Community Health



Chocolate Chip Cheesecake Dip

1 pkg (8oz) **cream cheese**, softened
 1 stick **butter**, softened
 3/4 c. **powdered sugar**
 2 Tbsp. **brown sugar**
 1 tsp. **vanilla**

mini chocolate chips - the original recipe calls for 1 cup, but I rarely measure when it comes to chocolate chips, I just pour until it looks good!

graham crackers or **graham cracker sticks**, or anything else you'd like for dipping. (we also tried nilla wafers, but thought graham crackers were the best)

Directions:

Beat cream cheese and butter until light and fluffy

Add powdered sugar, brown sugar, and vanilla. Beat until mixed well.

Stir in chocolate chips

Refrigerate until ready to serve!

hightowerhomestead.blogspot.com

life
hacks

#1615

Sprinkle a little salt in your pan if you're frying. This will prevent the oil from splattering.

Classic Macaroni Salad

- 4 cups Uncooked macaroni
- 1 cup Mayonnaise
- 1/4 cup White vinegar
- 2/3 cup White sugar
- 2 1/2 tbsp Yellow mustard
- 1 1/2 tsp Salt
- 1/2 tsp Ground black pepper
- 1 Medium onion , finely chopped
- 2 Stalks celery , finely chopped
- 1 Green pepper , finely chopped
- 1/4 cup carrot , finely chopped
- 1/2 cup Dill pickles , finely chopped



Bring a large pot of lightly salted water to a boil. Add the macaroni, and cook until tender, about 8 minutes. Rinse under cold water and drain.

In a large bowl, mix together the mayonnaise, vinegar, sugar, mustard, salt and pepper. Stir in the onion, celery, green pepper, carrot, dill pickles and macaron

Refrigerate for at least 4 hours before serving, but preferably overnight.

365daysofeasyrecipes.com