

# 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](http://orange.agrilife.org)

## County Judge



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

May 2018

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**

**Feelin' Groovy**

**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 AGRILIFE EXTENSION  
Questions Call 409-882-7010

LETTER LIVING FOR TEXANS

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.



Office will be closed in honor of Memorial Day,  
Monday, May 30th

## Family & Community Health

# Youth Summer Activities

### The 3rd Annual Michael Hoke Memorial

#### Outdoor Awareness for Kids

Ages 8-14

**Free!!** June 21, 2018 **Free!!**

Claiborne West Park

9am - 2:00pm



### Youth Canning Class

for Ages 8-14

July 19th

9am-2pm



### Sewing 101

for beginners.....only

July 23rd - 25th, 2018

9 am to 2 pm

### Good Table Manners

"Please" and "Thank you" along with Etiquette

July 16th - 18th, 2018

9 am to 1 pm

Youth Ages 8-18



Day Camp Adventures


July 31st, August 1st & 2nd, 2018

1 pm to 4 pm

Youths Ages 5—8

## Family & Community Health

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



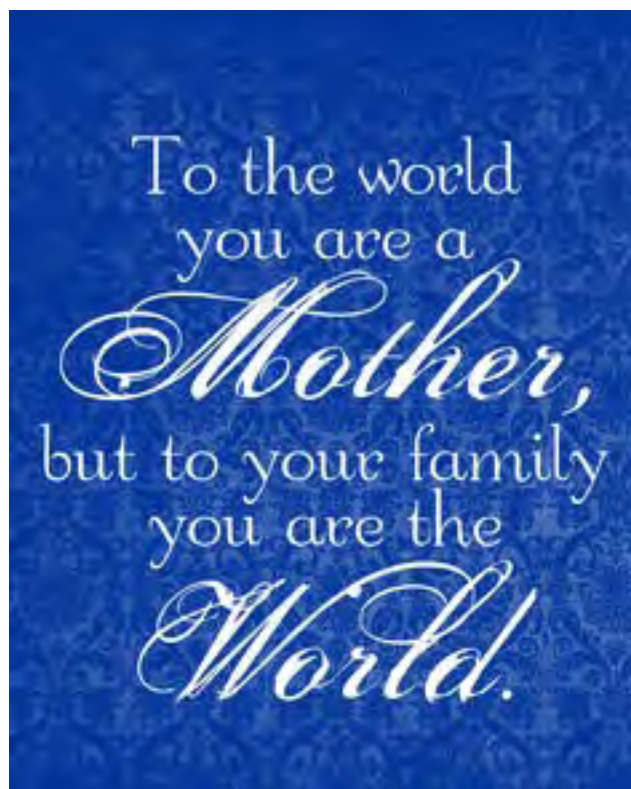
This class is recommended for all food service employees to help promote the service of safe food.

TEXAS A&M  
AGRI LIFE  
EXTENSION

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

Food Safety  
it's our business

The members of Texas A&M AgriLife will provide equal opportunity in programs and activities, education, and employment to all persons regardless of race, ethnicity, 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.



*Happy Mother's Day*

*Sunday, May 13, 2018*

### How to Reduce Sodium Intake

The best way to combat high sodium in your daily diet is to watch your intake of highly processed foods. Read the Nutrition Facts Label and look at the Daily Value of sodium. Consider these satisfying options to keep sodium under control: fruits and vegetables, unsalted nuts, legumes and whole grains (including brown rice, oats and barley).

Additional ways to lower sodium intake:

- Replace salt with fresh or dried herbs and spices.
- Limit cured foods, including cold cuts and sausages.
- Rinse canned foods.
- Choose low-sodium varieties of frozen entrees.
- Remove the salt shaker from the table.
- Increase your intake of whole grains such as brown rice, quinoa, oats, bulgur, whole-wheat pasta and bread, wild rice and popcorn.
- Substitute crackers and chips with a small amount of unsalted nuts.



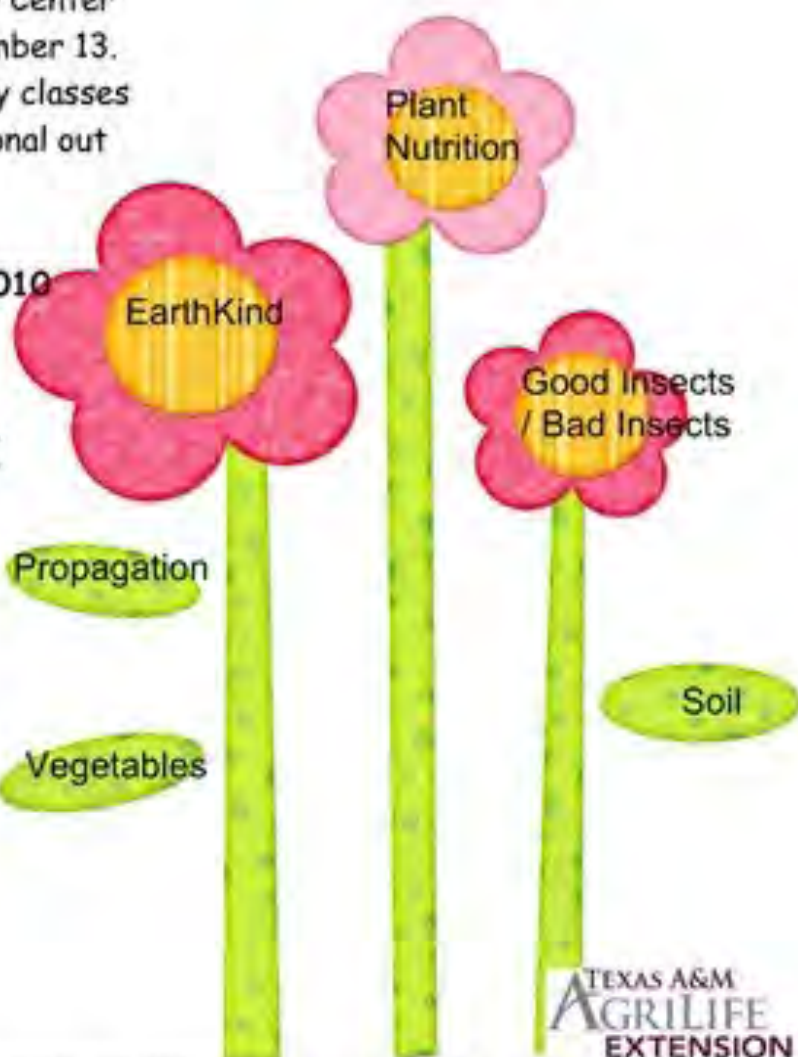
## Agriculture/Natural Resources

### *The Orange County Master Gardeners Presents...* **Master Gardener Certification Training Course 2018**

Join the Orange County Master Gardeners for classes led by local horticultural specialists and the Master Gardeners to become a Texas Certified Master Gardener. Classes are \$100.

Classes will be held Thursdays  
starting June 7 from 6PM - 8PM  
at the Orange County EXPO Center  
11475 FM 1442 thru September 13.  
There will be some Saturday classes  
and/or field trips with optional out  
of town overnight trips.

RSVP required 409 882-7010  
<https://txmg.org/orange>



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## Agriculture/Natural Resources

### How and Why to Prune Clematis – National Gardening Association

Properly pruning clematises will yield the maximum quantity of flowers by stimulating new growth. Pruning keeps the more vigorous vines under control and keeps these large plants from tearing down almost any support with their sheer weight. Keeping vines pruned brings flowers down to eye level along with allowing air and light to circulate through the leaves, reducing moisture that can cause diseases, and displays the flowers to their best advantage. Clematises can live up to 50 years, so we want to take good care of them.



There are three main groups of clematis, with three different pruning techniques.

(Example of a top-heavy vine (Duchess of Albany, Group 3). Incidentally, the rabbits chew this one down to the ground every year!)

Something that *every* new clematis needs is very early in the first spring after the year you plant them, *all* types of clematises need to be cut back to approximately 12 inches from the ground. By doing so will make the root system stronger, promote branching and new stems from underground, making the entire

plant bushier and healthier. You'll lose your flowers the first year on some clematises, but it also means that you'll have many years of more flowers than ever. If you don't do this, you will be very disappointed when you end up with one or two wimpy vines with only a couple of flowers. Then you'll end up cutting it back anyway and losing even more time in the process.

### Pruning produces more flowers

Every clematis has a pruning group assigned to it. The information will be included on the tag or on the nursery's website. Once you know the pruning group, it's just a matter of following the information for that group.

Group #1: These are the early-flowering and evergreen clematises, and the group also includes the alpina, cirrhosa, macropetala and montana species. They flower on "**old wood**," which is growth from the previous year. Don't go crazy pruning this group. Only a light pruning is needed. Any growth that occurs after pruning will be the stems that will produce buds for next year's flowers. If you want these vines to spread quickly, only prune to remove dead or damaged growth. To keep vigorous growth under control, you'll want to prune back a bit more. Try to avoid pruning any woody growth.

Group #2: Included in this group are early and mid-season large-flowering, double and semi-double clematis. These plants can be a little tricky because they flower **on both old and new wood**. The biggest flush with the largest flowers is in spring on old wood, followed by a smaller flush in fall, or even by a steady, small amount of flowers throughout the summer. When pruning, follow the vine down to a swelling leaf axil bud and prune right above it.



(Not a very good example, but if you look at the large vine right at the place where its branching out, you can see the leaf axil buds just beginning to form.)

Remove any dead wood, tidy the vine up a bit, and prune back to keep growth in check. If you have a big tangle of vines left from last year, try to untangle as many vines as you can after the





## Agriculture/Natural Resources

first flush of flowers. If you can't untangle the vines, this is the time for a hard pruning, up to as much as 1/3 of each vine. If you do a hard pruning and your plant has double flowers, you may only get single flowers later this year. To keep a more natural look, stagger the length of the vines as you trim them back. Tie any new growth to supports to keep the plant open to air and sunlight. You'll also want to remove any old leaf stalks remaining on the vines from last year.

Group #3: Late large-flowering, late flowering species, and viticella clematises make up this group. They generally die back to the ground in winter in cold areas. If not, they respond well to hard pruning and can be cut back to about two feet tall. They usually get flowers on the last several feet of new growth and can be cut back even farther because they don't bloom on old wood. Like the Group 2 vines, they will get bare stems toward the bottom as they age if they aren't cut back hard. Hard pruning sounds brutal, but it will reward you with lots of new growth and many flowers



Another reason to prune is to control wilt. Clematis wilt occurs when the ends of the vine turn black and the vine, or even the entire plant, collapses. When this happens, cutting the plant all the way back to the ground will produce new growth. This is a radical pruning method but it will save your plant.

As you gain more experience with the clematises you have, you'll be able to recognize the three pruning groups from their bloom time. Group 1 blooms in early spring, Group 2 blooms on old wood in the spring and new wood later in the year, and Group 3 blooms on new wood late in the year.

Now that you know how easy it is to prune them, your plants will be happier and prettier and will produce more flowers. Quite an impressive return on investment for only a few minutes a year!

Submitted by Sheri Bethard, 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 .



Consumer interest in natural, grassfed, and organic beef continues to rise. Learn more about grassfed beef production and how it's different and what's new in the industry...from pasture to plate.

Early registration is \$250, late \$300.

To register go to <https://agriliferegister.tamu.edu/beef>

Register by phone 979.845.2604

## 4-H/Youth Development

### Adult Leaders Association 6 pm

1st Monday, May 7th @ 4-H Office 4-H

### Clay Busters Shooting Sports

Meetings—1st Tuesday, May 1st @ 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, May 14th

6pm-8pm @ 4-H Office

Becky Hutchison 409-670-8945

### Mighty Pirates 4-H

2nd Tuesday, May 8th @ 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, May 21st

6 pm @ T2 Arena

Nicole Kepley 409-779-5521

### All Hearts 4-H Homeschool Club

3rd Monday, May 21st

1 pm @ 4-H Office

(may meet at the Park)

Cortney Sanders 979-574-7220

Kristen Hay 409-474-9666

### County Council

4th Monday, @ 4-H Office

WILL MEET MAY 7TH this Month for

Council Elections 6 pm



“Learn to Build a Recordbook”

1st Tuesday

May 1st

6pm @ 4-H Office



Pitmasters

Meeting date may change

Call the office or

Mr. Ron



Food & Nutrition (cooking)

3rd Tuesday

May 15th

6pm @ 4-H Office



4-H Sewing

4th Tuesday

May 22nd

6 pm @ 4-H Office



Robotics

4th Thursday

May 24th

6pm - 8 pm

@4-H Office

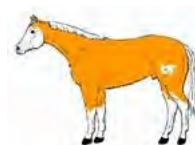


Livestock Judging

Every Wednesday

6:30 pm at the

4-H Office



HORSE JUDGING

Horse Judging

Every Thursday

6:30 pm at the

4-H Office

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

## MAY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Recordbook 6pm Clay Busters 6pm @ Gun Range State Roundup reg. opens	2	3 District 9 Roundup—Big Time in D-9 Conroe.	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 & Council Elections	8 Mighty Pirates 7pm @VJH	9	10	11	12
13 <b>HAPPY MOTHER'S DAY</b>	14 Dusty Trails 6 pm	15 Food & Nutri- tion 6 pm	16 Leadership Lab entry deadline on Connect	17 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	24 Robotics 6pm @ pm	25	26
27	28 <b>MEMORIAL DAY-OFC Closed</b>	29	30	31		

## JUNE 2018

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11 State Roundup 11th-14th	12	13	14	15	16
17	18	19 District Horse Show 19th-20th	20	21	22	23
24	25	26 District Leader- ship Lab Galves- ton 26th—28th	27	28	29	30



## 4-H/Youth Development

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

## 2018-2019 4-H Club Officer Elections at all Club Meetings in May

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

**County Council will also hold officer elections,**  
**Monday, May 7th.**  
**Youth ages 12-18 years of age**  
**are qualified to run for council.**

### 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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### Texas 4-H Summer Camp Registration

February 1st, 2018

Register online at [texas4hcenter.tamu.edu](http://texas4hcenter.tamu.edu)



#### Fishing Camp

June 20-22, 2018

#### Horizons-

July 1-5, 2018

#### Mission Possible-

July 2-4, 2018

#### County Camp I-

July 5-7, 2018

#### County Camp II-

July 9-11, 2018

#### County Camp III

#### Outdoor

#### Adventure-

July 11-13, 2018

#### Prime Time I-

July 15-18, 2018

#### Prime Time II-

July 18-21, 2018



THE MEMBERS OF TEXAS A&M AGRI LIFE WILL PROVIDE EQUAL OPPORTUNITIES IN PROGRAMS AND ACTIVITIES, EDUCATION, AND EMPLOYMENT TO ALL PERSONS REGARDLESS OF RACE, COLOR, SEX, RELIGION, NATIONAL ORIGIN AND ANCESTRY, GENETIC INFORMATION, VETERAN STATUS, SEXUAL ORIENTATION OR GENDER IDENTITY AND WILL STRIVE TO ACHIEVE FULL AND EQUAL EMPLOYMENT OPPORTUNITY THROUGHOUT TEXAS A&M AGRI LIFE.

## 4-H/Youth Development

Do you have what it takes to complete the 4-H Files? Join us at D9 Leadership Lab to build your leadership skills in a fun and mysterious way! Also enjoy District 9 Council Officer elections!

### CONTACT US

For more information contact your 4-H County Extension Agent

**DISTRICT 9  
4-H  
LEADERSHIP  
LAB**

**4-H FILES**

**JUNE 26TH-28TH  
TAMU GALVESTON**

The members of Texas A&M AgriLife will provide equal opportunities in all AgriLife activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, marital status, genetic information, veteran status, sexual orientation, gender identity and expression, or disability. We will provide full and equal opportunities for all persons. Texas A&M AgriLife is an equal opportunity employer. Persons with disabilities who require an auxiliary aid or service are encouraged to contact the Texas A&M AgriLife Human Resources Department at (936) 845-1234 for more information. The Texas A&M University System is an Equal Opportunity and Affirmative Action institution. Contact: (936) 845-1234.



**TEXAS A&M  
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### ABOUT LAB

Leadership Lab is designed to prepare District 9 4-H members for various leadership roles at the county, district and state levels. Participants gain valuable knowledge and skills they can take home and implement in their local county 4-H program. By combining work and play, activities are designed to explore creativity in leadership roles, enhance teambuilding skills, and develop communication and public speaking skills.

### DISTRICT COUNCIL

Running for a District 9 4-H Council Officer position? Officer campaigns, speeches, and elections will be integrated into the Leadership Lab activities.

### REGISTRATION

Register by May 16, 2018 on 4-HConnect

Cost per member \$200 includes lodging, meals, t-shirt, and program supplies. Late fee will be \$230 after May 17th.

Participants must have completed 8th grade to attend. Graduating seniors may attend.

Additional information can be found at the District 9 4-H website.

<https://d94-h.tamu.edu/>

### JOIN US FOR

**OFFICER  
ELECTIONS**

**SCHLITTERBAHN**

**FUN!**

**ESCAPE  
ROOMS**

**MURDER  
MYSTERY  
DINNER**

**PERSONALITY  
PROFILE  
EXPLORATION**

**TEAM  
BUILDING  
SKILLS**





## Family & Community Health

### Bacon-Parmesan Spaghetti Squash Recipe

- 1 large spaghetti squash (about 4 1/2 pounds)
- 1 pound bacon
- 1/4 cup butter . cut into pieces (1 cube – 8 tablespoons)
- 1 cup shredded parmesan cheese
- Salt and pepper (to taste)



1. Preheat oven to 375 degrees F. Line a baking sheet with parchment paper.
2. Carefully cut stem end off of the spaghetti squash and discard. Cut squash into approximate 1" rings, width-wise. With a spoon or tip of a knife, gently remove seeds and pulp from each ring; discard.
3. Place spaghetti squash rings laying down on prepared baking sheet. Bake in oven for about 40-45 minutes or until strands separate easily when scraped with a fork.
4. While the spaghetti squash is baking, cut your bacon into pieces and cook in a large skillet over medium heat, moving and turning frequently, until bacon is fully cooked and crispy. With a slotted spoon, remove bacon pieces from skillet and set aside.
5. Remove the spaghetti squash from the oven and allow to cool slightly. Remove shells of each ring and separate strands with a fork. Place strands in a large bowl.
6. Add butter to your warm spaghetti squash (if your strands have cooled too much, heat in the microwave a bit) and toss with the strands until the butter is fully melted and incorporated. Stir in parmesan cheese and bacon crumbles. Season with salt and pepper and serve.

–Due to variances in size of the spaghetti squashes and the amount of strands you get from your squash, please feel free to adjust the measurement of the ingredients to your personal taste.

[Homecookingmemories.com](http://Homecookingmemories.com)

### Cream Cheese Cookies

- 1/2 cup Coconut Flour
- 2 tablespoons Cream Cheese, softened
- 1 egg
- 1/2 cup butter, softened
- 1/2 cup Erythritol or other sugar substitute
- 1 teaspoon Vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt



1. In a bowl, cream together the butter, cream cheese and erythritol (or sugar substitute of choice).
2. Add the vanilla extract and egg. Beat until smooth.
3. Add the coconut flour, baking powder, and salt then beat until smooth.
4. Place the mixture onto a piece of wax paper (or parchment paper). Mold into a log shape, using the paper to roll out and wrap the paper around the dough and secure the ends like a Christmas cracker.
5. Place in the fridge to firm up for at least an hour.
6. Preheat the oven to 350F degrees.
7. Line a baking tray with parchment paper.
8. Remove the dough from the fridge and cut into 1/2 inch slices.
9. Place the slices on the baking tray.
10. Bake for 15-18 minutes until golden.

Makes 15 cookies.

Nutritional information per cookie– 91 Calories, 8g Fat, 1g Protein, 3g Total Carbs, 2g Fiber, 1g Net Carbs.  
[divaliciousrecipes.com](http://divaliciousrecipes.com)

## Family & Community Health

### Ways to Reduce Stress

Developing a personalized approach to reducing stress can help you manage your mental health and improve your quality of life. Once you're learned what your triggers are, experiment with coping strategies. Some common ones include:

- Accept your needs. Recognize what your triggers are. What situations make you feel physically and mentally agitated? Once you know this, you can avoid them when it's reasonable to, and to cope when you can't.
- Manage your time. Prioritizing your activities can help you use your time well. Making a day-to-day schedule helps ensure you don't feel overwhelmed by everyday tasks and deadlines.
- Practice relaxation. Deep breathing, meditation and progressive muscle relaxation are good ways to calm yourself. Taking a break to refocus can have benefits beyond the immediate moment.
- Exercise daily. Schedule time to walk outside, bike or join a dance class. Whatever you do, make sure it's fun. Daily exercise naturally produces stress-relieving hormones in your body and improves your overall physical health.
- Set aside time for yourself. Schedule something that makes you feel good. It might be reading a book, go to the movies, get a massage or take your dog for a walk.
- Eat well. Eating unprocessed foods, like whole grains, vegetables, and fresh fruit is the foundation for a healthy body and mind. Eating well can also help stabilize your mood.
- Get enough sleep. Symptoms of some mental health conditions, like mania in bipolar disorder, can be triggered by getting too little sleep.
- Avoid alcohol and drugs. They don't actually reduce stress: in fact, they often worsen it. If you're struggling with substance abuse, educate yourself and get help.
- Talk to someone. Whether to friends, family, a counselor or a support group, airing out and talking can help.



My calm mind is the  
ultimate weapon  
against stress, but  
I don't focus on the  
stress.

I focus on the fire  
within, the  
strength I contain.

My serenity is  
self-mastery.

[aimhappy.com](http://aimhappy.com)



## Family & Community Health



**Concentrate on each finger for 1-2 minutes.**

1. Open your hand with fingers spread but relaxed. Beginning with your thumb, grasp the sides of the tip on either side of the nail and pinch with slight pressure. Move slowly down the thumb toward the palm, gently squeezing the sides until you feel the pulse. Pause in each position, allowing your mind to focus only on release before moving to the index finger and so on. End the massage with slight pressure applied to the center of the palm with the opposite thumb. Hold for 1 minute or more.
2. There is a pressure point between the thumb and index finger, located in the muscle just above the base of the thumb where the bones from the thumb and those of the index finger meet. Many nerves run through this muscle, joining the hand to the rest of the body. Relieving tension there is felt throughout the body, including the head, neck, and back, promoting a general feeling of well-being. Squeeze the muscle with the thumb and forefinger of the opposite hand and massage for as long as you like.
3. The inner wrist holds a pressure point as well, where the bones of the hand and arm meet. Applying gentle pressure there is said to help release negative thoughts and emotions. You may feel a tingling or slight numbness with the pressure.
4. On the opposite side of the hand at the outer wrist, where the bone of the arm meets the bones of the hand, is a little indentation. Apply pressure to this point to foster relaxation and mental clarity.

### Fruitsicles

#### Ingredients:

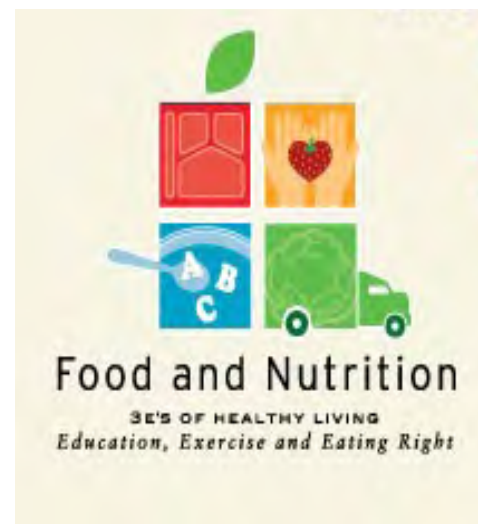
- ♦ 3 cups 100% fruit juice (apple, orange, grape, etc.)
- ♦ 1 cup canned fruit in natural juices (cocktail, pears, peaches, apricots, etc.)

#### Equipment:

- ♦ Measuring cups
- ♦ Food mill or grinder, blender, food processor
- ♦ Disposable 5-ounce cups (5-ounce size, 8 each)
- ♦ Popsicle sticks (8 each)
- ♦ Plastic wrap

#### Directions:

1. Pour juice and canned fruit into blender, food mill, or processor
2. Mix juice and fruit together and pour 4 ounces (1/2 cup) into paper cups
3. Cover with plastic wrap, slit a hole in center of wrap, and insert popsicle stick into hole
4. Freeze until hard
5. Tear away cup to eat
6. Serve one paper cup per child



## Agriculture/Natural Resources

### Pink Hibiscus Mealybug Pest Alert



Pink Hibiscus Mealybug, *Maconellicoccus hirsutus*

Lance Osborne, University of Florida

The Pink Hibiscus Mealybug was recently detected at separate homes in Harris and Brazoria counties. In cooperation with the U.S. Department of Agriculture, TDA collected 20 suspect mealybug samples from approximately two square miles surrounding the Pearland home. Of these 20 samples, six were confirmed as the pink hibiscus mealybug. TDA will initiate a similar survey around the

southwest Houston home where the other mealybug was detected to determine the extent of infestation.

Inspectors have initiated control measures using biological control. They are releasing parasitic wasps at all locations where the pink hibiscus mealy bugs were found. Research has shown these parasitic insects are the best method to control mealybugs, resulting in approximately 90 percent success rate. The tiny wasps will only attack the mealybugs, not humans or pets. Upon release, the wasps lay eggs inside the mealybugs and as they grow, the mealybugs die. As wasps multiply, they spread in search of additional mealybugs. A successful mealy bug control requires several months.

The pink hibiscus mealybug is a serious economic threat to agriculture, forestry, and the nursery industry. This pest attacks many plants, trees, and shrubs. For example, it infests hibiscus, citrus, coffee, sugar cane, annonas, plums, guava, mango, okra, sorrel, teak, mora, pigeon pea, peanut, grape, maize, asparagus, chrysanthemum, beans, cotton, soybean, and cocoa, just to name a few of its hosts. Host plants extend to 76 families and over 200 genera.

#### “Bunchy Top”



As it feeds, using a piercing and sucking process, the pink hibiscus mealybug injects into the plant a toxic saliva that results in malformed leaf and shoot growth, stunting, and, occasionally, death. Leaves show a characteristic curling, similar to damage caused by viruses. Heavily infested plants have shortened internodes leading to a “bunchy top” appearance. A heavy, black, sooty mold may develop on an infested plant's leaves and stems as a result of the mealybug's heavy honey-dew secretions. When fruits are infested, they can be entirely covered with the white, waxy coating of the mealybug. Infestation can lead to fruit

drop, or fruit may remain on the host in a dried and shriveled condition. If flower blossoms are attacked, the fruit sets poorly.

Nurseries and garden stores should ensure that plants they offer for sale are free of pests, especially the pink hibiscus mealybug. If you have a mealybug infestation, use the information provided at the following [web link](#) to rule out common mealybug species. If you suspect the mealybug to be pink hibiscus mealybug, contact your [Texas AgriLife Extension Service agent](#) to determine if a sample is necessary for identification and confirmation.

To reach the Texas Department of Agriculture, please call: 800 –TELL-TDA or 800-835-5832.



## Agriculture/Natural Resources

# Easy Care Gardening with Texas SuperStars, Perennials and Native Plants

By Sheri Bethard, Master Gardener

Texas SuperStars, Perennials and Native plants, to me can all be pretty much lumped into one big category. First off, Texas SuperStar plants are those plants that have gone thru rigorous testing by Texas A&M AgriLife and others to determine if they qualify to be called Texas SuperStar. These plants are observed for a number of years at numerous locations thru out the State of Texas to see how their performance is done in that specific landscape. If it ends up doing well in all areas of the state, then it very well could make the Texas SuperStar list. This list of plants is not limited to just annuals, it also includes, per-annuals, perennials, trees, woody shrubs, and specialty plants. Some of the familiar Texas SuperStar plants are the Texas Bluebonnet, Plumbago, Laura Bush Petunia, Mexican Bush Sage, Belinda's Dream Rose and Deciduous Holly. For more information and a complete list of the Texas SuperStar plants can be found at the Texas SuperStar website: <http://texassuperstar.com/plants/index.html>.

Perennials are plants that live more than 2 years. Again, they can be tree, flower, grass, herb, vegetable, and/or shrub. Many of the horticulturalists refer to these plants such as verbena, oregano, coneflower, and hardy hibiscus as herbaceous (herb for short) plants. In a lot of the gardening books you will see them referred to as herbs and not to be confused with the herbs you use for cooking.

Natives are just what the name references to native plants. Those plants which are native to the area. Some native plants which are native for example are the Cardinal Flower, Indian Pink, Southern Wood Fern, Black-eyed Susan, Milkweed, Texas Mountain Laurel just to name a few. Natives, like perennials do come back year after year. You can find more information on native Texas plants at Native Plant Society of Texas website: <https://npsot.org/wp/>

Most of the Texas SuperStars, Perennials and Natives all are sun-loving plants so care must be taken when choosing a place for planting. Most are drought tolerant but will still need some water in drier times. Remember this area will be their home for years to come. There are perennials that bloom just in spring, some just in summer and those, which bloom just in fall. And some do bloom in winter.

In addition to the perennials, there are some annuals that will act as perennials in our Zone 9. Angelonia is one. I have had some planted in my front bed for about 4 years now and this is the first year one of them has not returned even tho the rest are coming back. This bed is on the south side so that could help for the reason they come back each year and I do mulch them well in the fall.

When planning your garden, always remember to take time and plan what you are going to put where. Taller plants should go in the back so the shorter plants will be able to be seen in the front. Read about your plants before putting them in the soil and make sure you are allowing enough spacing for them. For example, I planted a Porter Weed last year not realizing how big it would get. It got to about 5 feet tall and 5 feet wide covering other things in my bed. I am prepared for it this year as it has started coming back and I am ready for it to take over again.

If you mix drought tolerant plants with other plants, make sure they are a little higher so their soil will drain better. You don't want water to pool around their roots, which will end up killing them for being too wet.

If you have acid loving plants, keep them together so you can keep their pH level higher than the other plants. It will be easier on you to work on one area instead of trying to work on the pH of individual plants.

For winter preparation, the best thing you can do is to prepare your plants with a good layer of compost and mulch. The compost will help give the nutrients the roots need along with keeping them warm and the mulch will help seal in the heat. When spring comes, be patient, as it will take time for new growth to come out. During the winter your plants roots have been getting stronger and this will help your plant be stronger in the spring. Once it pops out and starts growing, you will be surprised at the end product.

An added bonus for a lot of these plants is they are also great bee, butterfly and hummingbird plants. Keep your garden organic so the wildlife can enjoy it too.

Once you have your perennials chosen and planted water daily, unless it rains, until they are established. Fertilize your plants according to the requirements of the different perennials. Remember these plants are going to be with you for a long time and will thrive with a good head start. Deadheading and pruning perennials are an important part of their care. Prune perennials, if needed, immediately after they finish blooming. If you wait to prune you may be cutting off your next years blooms. Many perennials have a first flush of blooms in the spring and with a later summer pruning will bloom again in the fall. Check bloom time and learn about the correct pruning time for your chosen plant.

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## Sun Loving Perennials, Texas SuperStars and Natives



Duranta



Esperanza



Lantana



Coneflower



Turks Cap



Milkweed



Perennial Sage



Shrimp Plant



Penta



Impatiens



Abutilon



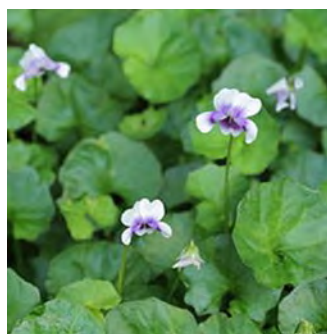
Mona Lavender



Cat Whiskers



Bleeding Heart

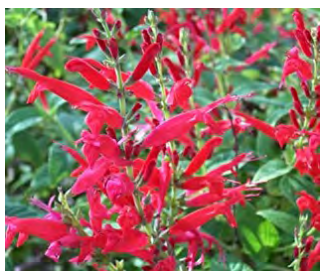


Australian Violet

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# Some Fall Blooming Plants



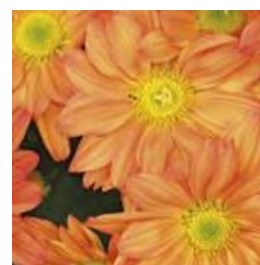
Pineapple Sage



Copper Canyon Daisy













Mexican Bush Sage




Chrysanthemum

## Replace Sugar With Honey

### Conversion Guide

Sugar	Honey
1/4 cup 	3 tbsp 
1/3 cup 	3 tbsp 
1/2 cup 	1/3 cup 
1 cup 	3/4 cup 
2 cups 	1.5 cups 

TheFrugalChicken.com 

## HONEY for WEIGHT LOSS

- \* 1 tsp honey
- \* 1/2 tsp cinnamon



## HONEY for TOOTHACHE

- \* 1 tsp cinnamon
- \* 1 tbsp of honey



## HONEY for SINUS

- \* 2 tbsp -apple cider vinegar
- \* 1 tbsp -honey



## HONEY for SORE THROAT

- \* 2 tsp honey
- \* 1 tsp Lemon juice



## HONEY for SLEEP

- 1 - 2 teaspoons before bed



## HONEY for DETOX

- \* 1 cup herbal tea
- \* 1 -2 tsp honey



## Family & Community Health

### Nutrition and Depression

Protein is made of amino acids. The body cannot produce all of the amino acids we need. We must get most protein from the diet. Many neurotransmitters in the brain, such as dopamine and serotonin which effect mood and motivation, are made up of amino acids. If the body does not get enough protein from the diet low mood and even aggression can occur, causing one to feel depressed.

Foods High in Protein:

- Lean meat
- Fish and seafood
- Low-fat dairy products (milk, cheese, yogurt, cottage cheese)
- Beans, legumes, and soy such as tofu

Carbohydrates stimulate serotonin in the brain, creating a feeling of well-being. The types of carbohydrates matter. Sugary foods (cookies, soda, candy) called simple carbohydrates will cause a peek of energy and then a crash, bringing the mood low. On the other hand, complex carbohydrates, such as whole grains and vegetables, will give a moderate, lasting effect on brain chemistry and energy.

Foods High in complex carbohydrates:

- Whole grain pasta or bread
- Raw or steamed vegetables
- Whole grain crackers

Another major factor in brain health and combatting depression is omega-3 fatty acids. The brain is made up of mainly fats, including omega-3. These can only be supplied by the diet. Omega-3 has an anti-inflammatory effect and helps with brain development and function. Research has hypothesized that omega-3 fatty acids can decrease depression, while a deficiency of this fat from the diet can lead to disturbance in neural function, including mental health.

Foods High in Omega-3:

- “Fatty” fish such as Salmon, tuna, sardines, cod, and mackerel
- Walnuts and flaxseed
- Walnut oil and Flaxseed oil
- Spinach and soy

#### Tuna Salad with Grapes and Walnuts

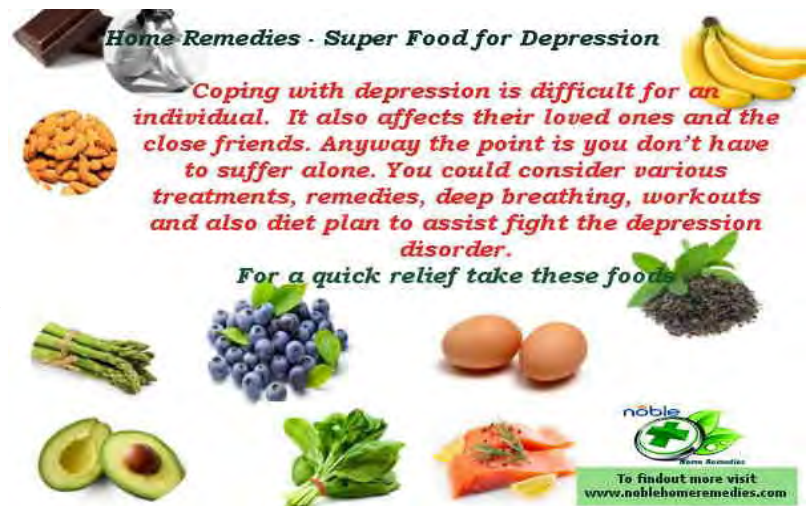
Serving size: 1

##### Ingredients:

- 3 oz chunk light tuna packed in water, drained
- 6 walnut halves, chopped
- 1 celery stick, diced
- ½ cup seedless grapes, halved
- 1 ½ Tbsp low-fat mayonnaise
- 2-4 large lettuce leaves

##### Directions:

Open tuna can or packet, drain and empty into a small bowl. Add the walnuts, celery, grapes, and mayonnaise. Mix well and serve, divided, with the lettuce leaves.





## Family & Community Health



### Time to Clean the Scene

Your refrigerator is an important appliance! Make it the focus of your spring cleaning! Take steps to clean and sanitize refrigerator surfaces:

- First, throw away perishable foods in your refrigerator that should no longer be eaten. Refer to the [cold storage chart](#).
- Remove refrigerator drawers and clean them with hot water and soap in the kitchen sink.
- Clean other interior refrigerator surfaces with hot water and soap, then rinse with water. Wipe dry with a clean cloth.
- After cleaning, use a diluted bleach and water solution (1 T liquid bleach to 1 Gal water) on shelves, drawers and other interior surfaces of the refrigerator.
- Clean the refrigerator's condenser coil with a brush or vacuum cleaner to remove dirt and lint. This can help your refrigerator operate more efficiently.



**Clean • Separate • Cook • Chill**

### **Fat-Free, Sugar-Free & Cholesterol-Free Blueberry Muffins!**

#### **Ingredients:**

- ◆ 1 cup unsweetened blueberries (fresh or frozen)
- ◆ 1 3/4 cups all-purpose flour
- ◆ 2 1/2 teaspoons baking powder
- ◆ 1/3 cup Splenda granular
- ◆ 1/4 cup Egg Beaters egg substitute (equals 1 egg)
- ◆ 1/4 cup unsweetened applesauce
- ◆ 1/2 cup nonfat milk (skim)
- ◆ 1 tablespoon Splenda granular (to top muffins)



#### **Directions:**

1. Preheat oven to 400 degrees.
2. Lightly spray muffin tin with non-stick spray
3. Wash and drain blueberries. Set aside. If using frozen blueberries, thaw before using.
4. In large bowl, sift flour. Add baking powder and the 1/3 cup Splenda. Mix together.
5. In another bowl, mix the Egg Beater egg substitute, apple sauce and milk.
6. Combine the wet mixture into the flour mixture. Stir just enough to blend (electric mixers aren't really necessary). Gently fold in the blueberries.
7. Pour batter into prepared muffin tin, filling each cup about 2/3 full. Use the last tablespoon of Splenda to sprinkle on top of each muffin (this adds zero calories and has zero fat) and bake for 17 minutes, or until tops are light brown.
8. After baking, allow muffins to cool before removing them from the tin.