

TEXAS A&M AGRI LIFE EXTENSION

County Extension Agents

Fallon Foster, M.P.H.
Family & Community Health
County Coordinator

Heston Henry
Agriculture/Natural Resources
4-H Coordinator

Office 409-882-7010



Scan and go directly to
our AgriLife website

orange.agrilife.org



County Judge

Dean Crooks

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

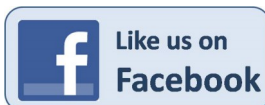
Barry Burton

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

July 2018



Thank You!



AgriLife Extension will be closed
Wednesday, July 4, 2018

Family & Community Health



Another Successful Youth Cooking Camp. This camp could not be held without the help of our many Volunteers and Grants from Dupont Sabine River Works, BASF, Entergy and Walmart.

*Additional pictures available on our Facebook website.
Orange County-Texas A&M AgriLife Extension*

Food Handler's Training Class Tuesday, August 14th

6 pm to 8 pm

\$20 per person

Must call and preregister
by 5 pm August 10th.

Fee Payable the day of
the class. No cash accept-
ed only check or money
order payable to:

FPM Account 230202.



*start each
day with a
grateful
heart*



Agriculture/Natural Resources

ORANGE COUNTY MASTER GARDENERS MONTHLY MEETING Public Welcome

Monthly Meeting is held on the 2nd Thursdays of each month. Starting at 6 pm with a meal social till 6:30 followed by their business meeting and monthly presentation. The public is welcome to visit any of the meeting. The meeting is held at the Orange County Convention and Expo Center, 11475 FM 1442 Orange. If you have further questions about the Orange County Master Gardens contact the Texas A&M AgriLife Extension Office at 409-882-7010.

Growing your own Strawberries

Planning

- Plants bear in their second season.
- Plan to set your new plants out in early spring, just as the trees in your area leaf out. For best yields, start a new bed of plants each year and take out beds that have fruited.

Preparation

- Select a site that offers full sun and good drainage and air circulation. Apply aged manure and a complete fertilizer such as 5-10-10 (1 pound per 50-foot row) before planting in the spring.



Planting

- Space your rows 4 feet apart.
- Trim the roots of the new plants to no more than 6 inches long. Soak the roots in water for about an hour before planting.
- Set the plants 18 inches apart in the rows. Dig holes in the ground deep enough so the roots are covered but the crown isn't buried. Pack the soil against the roots and add about 1/2 pint of water mixed with a diluted soluble fertilizer.

Care

- First year, spring: Keep the bed free of weeds. Pick off blossoms to prevent fruiting and encourage production of healthy daughter plants.

- Late spring: 5 to 6 weeks after planting, train daughter plants to take root in a 9-by-9-inch spaced row system.
- Late spring and summer: Side-dress with ammonium nitrate (1/2 pound per 100-foot row), 5-10-10 (2 1/2 pounds per 100-foot row), or manure tea (1/2 to 1 pint per plant). Side-dress again 1 month later.
- Late fall: After a few freezes, mulch with 5 to 6 inches of straw or 4 to 5 inches of pine needles.
- Second year, late spring: Remove the mulch gradually in spring, but protect blossoms from late frost with covers of mulch, if needed. Provide 1 inch of water per week while the fruit is developing, through harvest.
- Cover the patch with tobacco cloth or strawberry netting to keep birds out. Summer: After harvest, till the plants under, plant a cover crop, and prepare the bed for new plants next spring.

Harvesting

- The berries will ripen about 1 month after the plants bloom. Expect 2 to 3 weeks of harvesting for each variety.
- Pick the plants clean every 2 or 3 days. Avoid the green-tipped berries; they're not fully ripe. When harvesting, don't leave berry remnants on the plants. They encourage plant rot.

Submitted by Sheri Bethard courtesy of The National Gardening Association Learning Library



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

ONE POT TACO PASTA

Yield 6 servings

- 1 pound ground beef
- 1 onion, diced
- 2 cloves garlic, minced
- Kosher salt and freshly ground black pepper, to taste
- 1 cup canned black beans, drained and rinsed
- 1 (4.5 ounce) can Old El Paso™ chopped green chilies, drained
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 cup Old El Paso™ mild taco sauce
- 1 cup salsa
- 2 cups elbow macaroni
- 3/4 cup shredded cheddar cheese, divided
- 2 tablespoons chopped fresh cilantro leave



1. Heat olive oil in a large stockpot or Dutch oven over medium high heat. Add ground beef, onion and garlic. Cook until beef has browned, about 3-5 minutes, making sure to crumble the beef as it cooks; season with salt and pepper, to taste. Drain excess fat.
2. Stir in corn, black beans and green chilies until well combined. Stir in tomatoes, taco sauce, salsa, pasta and 2 cups water. Bring to a boil; cover, reduce heat and simmer until pasta is cooked through, about 13-16 minutes.
3. Remove from heat and top with cheese. Cover until cheese has melted, about 2 minutes. Stir in cilantro.
4. Serve immediately.

SIFTING FLOUR: IS IT NECESSARY? YES & NO

YES

- If your flour is old
- If you are baking something delicate, like angel food or sponge cake
- If you need dry ingredients well combined before incorporating liquids
- If you are using ingredients known for clumping, such as cake flour or powdered sugar

NO

- If your flour is fresh
- If it has been stored properly



TEXAS A&M
AGRI LIFE
EXTENSION

DO THIS WORKOUT *every morning*

wake up. get moving.



FITFLUENTIAL
FITNESS FOUND.



10 jumping jacks

10 squats

10 calf raises

10 side reaches

10 lunges

10 jumping jacks

10 squats

Agriculture/Natural Resources

YOUR LIVESTOCK EMERGENCY GO-KIT SHOULD INCLUDE:

- ☐ Basic first aid supplies
- ☐ 7-10 day supply of feed and water
- ☐ Water and feed buckets
- ☐ Copies of veterinary records and proof of ownership
- ☐ Halters and lead ropes
- ☐ Portable livestock panels
- ☐ Heavy gloves (leather)
- ☐ Instructions for care
 - ☐ Diet: record the diet for your animals
 - ☐ Medications: list each animal separately, and for each medication include the drug name, dose and frequency. Provide veterinary and pharmacy contact information for refills.
- ☐ Knife and wire cutters
- ☐ Duct tape
- ☐ Flashlight and Radio
- ☐ Rope or lariat
- ☐ Waste clean-up supplies
- ☐ Emergency contact list
- ☐ Tarp
- ☐ Hoof knife, nippers and pick
- ☐ Map of local area
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Agriculture/Natural Resources



What are Beneficial Insects?

By Sheri Bethard, Certified Master Gardener, Orange County



There are basically two types of beneficial insects – parasites and predators. Parasites or parasitoids lay their eggs on or in the pests' insect's eggs or in the bodies of the pests. Their larvae hatch and eat the pests. Predators do the work more directly by eating the pests with powerful chewing mouthparts. Beetles and true bugs are examples of predators. Flies and small wasps are examples of parasitoids. Large wasps are predators.

It is important we use methods of destroying the bad insects but leave the good insects in tack. This is hard, but using much safer products than synthetic toxic chemical poisons can control them. Aphids, red spider mites, and other small pests can be controlled with garlic/pepper tea and liquid seaweed while the tougher insects such as beetles and bugs can be controlled with citrus oil, horticultural oil, or even something as simple as all-purpose flour. "Killing" organic sprays should be used as a last resort. Spray or dust only when a serious infestation exists because most pesticides, organic or chemical, will hurt or kill more beneficial insects than the targeted pests.

Using beneficial insects is the best control. You can purchase these online from reputable dealers. Beneficial's need lots of energy to be active and search for prey. Adults rely on pollen and nectar as food sources. So to keep beneficials around be sure to have a wide variety of flowering plants from spring thru fall.

Some plants that will attract beneficial insects are:



Alyssum	Lantana
Caraway	Liatris
Coreopsis	Roses
Coriander	Sunflowers
Cosmos	Tansy
Goldenrod	Yarrow

Tomato Problem Solver. Tomato Disorders as green fruit, ripe fruit, insect pests, leaf, stem and root go to:

Aggie-horticulture.tamu.edu/vegetable/problem-solver/tomato-problem-solver/



4-H/Youth Development

**4-H Clubs with the Exception of
Mighty Pirates, Clay Busters, and Boots
& Bridles will not meet till August.**

Adult Leaders Association 6 pm

1st Monday @ 4-H Office 4-H

Clay Busters Shooting Sports

Meetings—1st Tuesday, @ 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

6pm-8pm @ 4-H Office

Becky Hutchison 409-670-8945

Mighty Pirates 4-H

2nd Tuesday @ 7 pm,

Vidor Junior High Cafeteria

Kathy Hester

Tammy Glawson 409-474-2811

Franny Woods 409-330-7024

Boots & Bridles 4-H Horse Club

3rd Monday

6 pm @ T2 Arena

Nicole Kepley 409-779-5521

All Hearts 4-H Homeschool Club

3rd Monday

1 pm @ 4-H Office

Cortney Sanders 979-574-7220

Kristen Hay 409-474-9666

County Council

4th Monday, @ 4-H Office

6:30 pm

Project Classes will resume

In September

Some of the Projects for the
2018-2019 year will include:

Food & Nutrition (cooking)

Clothing & Textiles (sewing)

Recordbook

Dog Project (New)

Each Project will meet once a
month for 2 hours.

The goal of the Project classes
are to prepare you to compete
in District 9 Roundup.

More details to come in August
Newsletter

4-H Offers a variety of projects. If
you have an particular project you
are interested in, please give us a
call at the 4-H Office
409-882-7010.

4-H/Youth Development

Orange County 4-H July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Clay Busters 6 pm	4 Independence Day 	5	6	7
8	9	10 Mighty Pirates 7 pm	11	12	13	14 OCLSA Tag-In 8-12
15 Club Chartering Deadline	16	17 Record Book Judging Clay Busters 6 pm	18 State Shoot San Antonio 17th-21st STSFS Steer/ F-1 tag order due in 4-H Ofc.	19	20	21
22	23	24 Clay Busters 6 pm	25	26 Multi Co. Club Ofc Training in Jeffer- son Co.	27	28
29	30	31 Clay Busters 6 pm				

Orange County 4-H August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 Clay Busters 6 pm	8	9	10	11 Sabine River Shootout
12	13	14 Mighty Pirates 7 pm Clay Busters 6 pm	15 New year club member enrollment opens	16	17	18
19	20	21 Clay Busters 6 pm	22	23	24	25
26	27	28 Clay Busters 6 pm	29	30	31	

4-H/Youth Development



Tag In for Orange County Livestock Show

Saturday, July 14, 2018

Tin Top (T2) Arena

3810 Old Peveto Road Orange

8 am to 12 Noon

Show & Auction

Saturday, October 13, 2018

Tin-Top (T2) Arena

Further information contact Curtis Mitchell, OCLSA President 409-454-0203

Multi-County Club Officer

TRAINING DAY

Jefferson County 4-H Office

Thursday July 26th

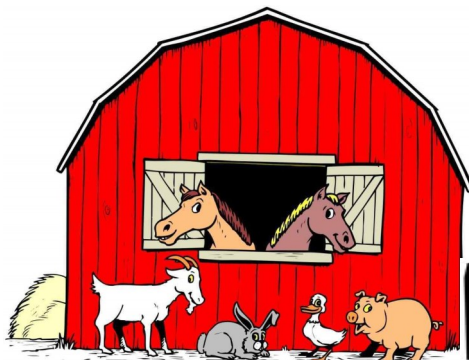
Contact the Orange 4-H Office to let them know you will be attending.



2019 South Texas State Fair **Steer and F-1 Tag Order**



You must contact the 4-H office before July 18th with your tag order count. South Texas State Fair does not have late tag orders. Tags are \$2 each and will be paid through the Orange 4-H Council for 4-H members.



2018 Southeast Texas

LIVESTOCK EXTRAVAGANZA

December 1, 2018



4-H/Youth Development

Saturday August 11, 2018

SABINE RIVER SHOOTOUT

Presented by Orange County Livestock Association

Judge : Ricky Thompson

**Come one
Come all
Bring the best you have!**



Coolest arena in SETX!

**Overall Grand and Reserve Champion buckles
Breed Champions Buckle Cups
Showmanship : 60 / 40 split**

**Check In 4pm-6pm
Show Starts 7pm**

Contacts:

**Sandy Byers 409- 201-8523
Tammy Glawson 409-474-2811
Franny Woods 409-330-7024
Curtis Mitchell 409-454-0203**

Steers by Breed and Weight

Heifers by Age and Breed

5 Head constitutes a breed

Location:

**T2 Arena and Event Center
3810 Old Peveto Rd
Orange, Tx 77632**



IMPORTANT DATES TO REMEMBER FOR THE 2019 South Texas State Fair March 21 – March 31, 2019

[illegible]

Agriculture/Natural Resources



W I S H
Y O U
W E R E
H E R E

Volunteer
@
The Field of Plenty

2120 Wickard
thefieldofplenty@gmail.com
Email Us Today!

Field of Plenty

Children's Garden Plot

4-H Clubs will be attending to the children's plot at the Field of Plenty during the summer.

Any 4-H member interested in helping out with the Field of Plenty, please contact Tammy Swindell our 4-H Adult Volunteer at 409-239-6026 or by email

tammyswindell@ymail.com.

Summer Gardening To Do's

Mulch, Mulch, Mulch - Adding mulch to your garden will help protect your plants two ways. First it will keep the hot sun off the roots of your plants so they won't burn and second it will help keep the moisture in prevent less loss after you have watered. Mulch with anything that is organic, such as leaves, shredded wood, pine straw, bark chips, etc., as it will help the soil in the long run as it decomposes over time adding nutrients to your soil along with making your garden look nice.

Weeding - Many weeds pop up during the summer as they love the heat and go from teeny to gigantic overnight, stealing your plants needed moisture and nutrients. They also encourage pests to come join them in your garden. Pull them when they are small and when the ground is moist as they are the easiest to come out of the ground. If you get them before they flower, you are saving yourself from weeding next year. A single dandelion plant can produce up to 2,000 seeds in one year.

Add Summer Annuals - Now that the heat of the summer is here, your spring blooming annuals such as pansy's have already faded and you are looking for new color. Pull out those old spent plants if you have not already done so and add heat-loving annuals such as Angelonias, Lantana, Coleus, Gazania, Pentas, Salvia, Sweet Potato Vine, and Zinnias. Water them well the first couple of weeks until they are established then you will only have to water occasionally. I have found Angelonia, Lantana, Salvia and Gazania's will grow as perennials in our area if you mulch them in the fall well.

Summer-Blooming Bulbs - If you like calla, canna and dahlias, plant them for another way to have color this summer. Make sure they will grow in Zone 9.

Deadhead Perennials - If you have perennials, mums, asters and other fall-blooming plants, be sure to deadhead all spent flowers so they will continue blooming. If the fall-blooming flowers are getting tall, pinch them back a couple of inches to promote new growth. Do this up until 7-4 so they will set blooms for fall. It also helps give a stronger compact plant.

Pests & Disease - Watch out for pests in your garden. When you are weeding, watering, deadheading, always be on the lookout for garden pests. Mid-summer seems to be the time you see them the most, as the plants are weaker from the summer heat. Take the appropriate action for the pest or disease.

Water - If you have dry summers, keeping your garden looking it's best will require water. It will take on average about one inch of water per week. Apply all at one time to encourage plant roots to sink down deeper in the soil. Apply to the ground instead of getting the foliage wet unless you are doing foliage fertilizing.

Raise Your Mower - Raise the height of your mower blade as more leaf surface keeps the plants healthier during hot, dry weather.

These are just a few of the many tips that can be found on our website <https://txmg.org/orange>

Click on Plant & Insect Information and the information is listed by months. These are from June and July/August. Sheri Bethard, President, Orange County Master Gardeners Association.

Family & Community Health

Chicken and Summer Veggie Grilling Pocket

Yields 6 servings at 1 cup each

- 1 large red bell pepper, sliced into strips
- 1.5 cup mushrooms, sliced
- 1 onion thickly sliced
- 2 medium zucchini sliced
- 1 medium summer squash
- 1.5 pounds chicken breast cut into equal size cubes
- 3 tablespoons olive oil
- 1 tablespoon oregano dried
- 1 tablespoon parsley dried
- 1/2 teaspoon garlic powder
- 1 teaspoon paprika



Cut the vegetables as directed. Cut the chicken into evenly sized cubes. Combine the olive oil, oregano, parsley, garlic powder, and paprika in a small bowl.

Cut 6 sheets of foil approximately 12 inches in length each.

Divide the vegetables and chicken evenly among the 6 sheets of foil. Top each with some of the oil mixture, spreading over the vegetables and chicken.

Fold the foil so that it creates a sealed pocket.

Grill the foil packets over medium high heat for 35 to 40 minutes, or until chicken reaches 165 degrees F.

Nutrition Facts: Calories 240, Total Fat 10g, Saturated Fat 1.5g, Cholesterol 85mg, Sodium 60 mg, Total Carbs 8g, Dietary Fiber 2g, Total Sugar 4g, Protein 28g.

Dinnertonight.tamu.edu

BLOCK THE SUN, NOT THE FUN!



You don't have to be at the pool, beach, or on vacation to get too much sun. Follow these steps to protect yourself.

SEEK SHADE



UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.

COVER UP



Long-sleeved shirts, long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors.

GET A HAT



Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. If your child chooses a cap, be sure to protect exposed areas with sunscreen.

WEAR SUNGLASSES



They protect your child's eyes from UV rays, which can increase risk of cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

APPLY SUNSCREEN



Use "safer" sunscreens as described on <https://www.ewg.org/sunscreen/>

Agriculture/Natural Resources

AgriLife Extension Expert Talks Bermuda grass 101

AgWriter: Adam Russell, 903-834-6191, adam.russell@ag.tamu.edu

Contact: Dr. Vanessa Corriher-Olson, vacorriher@ag.tamu.edu AgriLife

OVERTON – Not all Bermuda grasses are created equal, but varieties are often confused as their own separate species, said a Texas A&M AgriLife Extension Service expert.

Dr. Vanessa Corriher-Olson, AgriLife Extension forage specialist, Overton, said she receives numerous calls each year regarding Bermuda grasses by producers who are confused about warm-season grass species and looking for the right fit to their location.

Bermuda grass is a warm-season perennial grass that spreads mainly via underground stems, or rhizomes, and horizontal above-ground stems, or stolons, she said. The grass tolerates a wide range of soil types and soil pH levels, which makes it adapted to most of the Southern U.S.



A Coastal Bermuda grass field in East Texas.
(Texas A&M AgriLife Extension Service photo by Adam Russell)

“Most people think these Bermuda grass varieties are a species of their own, but they are not,” Corriher-Olson said. “They are hybrid varieties of Bermuda grass.”

Here are some of the grasses she said are commonly confused, along with a description of them:

Coastal: Modern Coastal Bermuda grass is a result of an extensive breeding program by Dr. Glenn Burton, a U.S. Department of Agriculture plant geneticist and grass breeder at the University of Georgia Coastal Plains Experiment Station at Tifton.

Coastal, the most widely planted variety in Texas, is a highly productive Bermuda grass producing both rhizomes and stolons and is adapted to a wide range of climatic conditions, Corriher-Olson said. The variety has exceptional longevity, readily responds to fertilizer and irrigation, and possesses better drought tolerance than common Bermuda grass. Coastal is also tolerant of continuous grazing or frequent and close defoliation.

“Many Bermuda grass cultivars have the ability to tolerate sustained close grazing when soil fertility and moisture levels are met,” she said.

Tifton 85: This variety was developed by Burton in cooperation with the Tifton station in 1991. Tifton 85 is a hybrid between Coastal and Tifton 68. Tifton 85 has large stems, long stolons and a reduced number of rhizomes compared with Coastal. It can be established either by planting sprigs or vegetative tops, Corriher-Olson said.

In a three-year trial in Georgia, Tifton 85 produced 26 percent more dry matter and was 11 percent more digestible than Coastal. Animal gains were approximately 10 percent better on Tifton 85 than Coastal due to the higher digestibility.

During trials at the Texas A&M AgriLife Research and Extension Center in Overton, Tifton 85 has remained green longer into the season than Coastal, she said.

“During the 2011 drought, we visually saw Coastal go dormant before Tifton 85,” she said. “But overall, Bermuda grasses are more drought tolerant than Bahia grass.”

Agriculture/Natural Resources

Jiggs: This variety is a private release of a Bermuda grass found growing along the Texas Gulf Coast. Jiggs establishes rapidly and is generally planted using tops, Corriher-Olson said.

The naturalized ecotype is productive and anecdotal evidence suggests Jiggs may perform better on poorly draining tighter soils than other Bermuda grass varieties.

“There is no difference in dry matter yields between Jiggs and Coastal,” she said. “There is very little information available regarding Jiggs, but the variety has generated a good following where it is used.”

Corriher-Olson said choosing a Bermuda grass variety based on location is the most important consideration.

“For the most part, a producer’s choice is personal preference because Bermuda grasses are so well adapted to conditions in Texas for grazing and hay production,” she said. “But some hybrid varieties are better suited for specific regional conditions.”

For more information about Bermuda grass varieties and other forage-related topics, go to <https://foragefax.tamu.edu/>. Producers who are not sure which variety is best for their location and production system can visit with a local [AgriLife Extension agent](#) for region-specific recommendations.

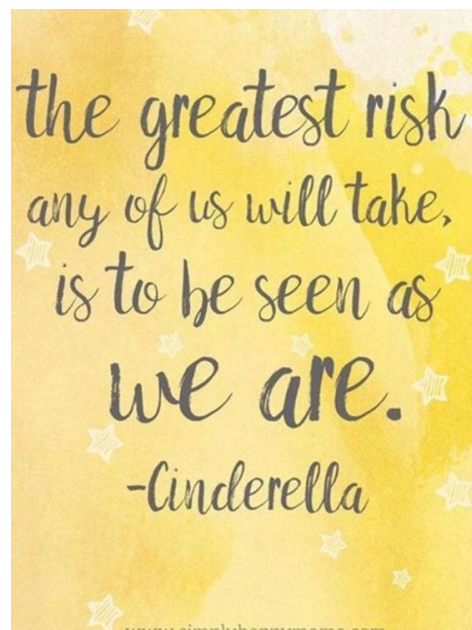
Family & Community Health



- 2 cups raspberries
- 1 cup ripe banana
- 1 8-ounce container fat-free whipped topping
- 1/4 cup shredded coconut, unsweetened
- 1/2 cup graham crackers, crushed

1. Rinse raspberries under cold running water and allow to dry.
2. Line a mini muffin tin with muffin liners and evenly distribute the crushed graham cracker.
3. In a blender, blend together raspberries, bananas, and whipped topping.
4. Distribute the raspberry mixture in the muffin tins.
5. Top with shredded coconut and freeze for at least 45 minutes.
6. Enjoy with someone you love. Be sure to store unused bites in the freezer for no more than 3 weeks.

Nutrition Facts: 12 servings, Serving size 2 bites, Total fat 1.5 g. Saturated Fat 1 g, Cholesterol 0, Sodium 30 mg; Total Carbs 10g, Dietary Fiber 2g, Total Sugars 5g, Protein 1g.



Very Healthy Granola

Mix together in a large bowl:

1/2 cup wheat flour

3 cups regular roll oats

2 cups wheat germ

1 cup each: chopped almonds, chopped walnuts, chopped pecans, golden raisins, coconut, sunflower seeds and sesame seeds

Mix together in a small bowl:

2 teaspoon vanilla

2-4 teaspoons cinnamon (to taste)

1-2 teaspoon nutmeg (to taste)

1/2 cup olive oil

1 cup honey



Add the liquid mixture to the dry mixture in a large bowl and stir until coated. Spread onto large baking sheet. Bake at 325 degrees for 20-25 minutes, stirring every 5-8 minutes or so while baking. Cool completely, then store in an air tight container. Serve with milk, yogurt, eat as a trail mix, etc. If you don't eat it all within a week, store in the fridge. Makes 10 cups.

realmomkitchen.com