

# 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



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our Facebook page

## Orange County AgriLife Newsletter June 2018



HAPPY  
FATHER'S  
DAY!

## Family & Community Health



### TIPS FOR STAYING HYDRATED IN THE SUMMER HEAT

#### WHY IS HYDRATION SO IMPORTANT?

Water is necessary for the function of every system in the body. From lubricating joints to body temperature regulation and transport of nutrients, getting enough water is essential to a healthy body.



#### HOW MUCH H<sub>2</sub>O DO I NEED?

Especially in the summertime heat, aim for at least 64oz per day (8 cups or nearly 2 liters). If your urine is dark or your lips, mouth, or skin feels dry, go back for more. Be sure to sip all day long in order to reach your goal.

#### ALWAYS KEEP A WATER BOTTLE COSE BY

It's much easier to stay hydrated when there's fresh water right next to us. Use leftover mason jars or buy a few reusable bottles to keep filled up in the fridge so there's always a cold, fresh water ready to grab. Reusable bottles are not only bigger, more eco-friendly, and keep water cold for longer, but they also save you money over time when compared to always buying single-use plastic bottles.

#### MAKE WATER MORE FUN AND TASTY

Add different washed and cut fruits to your water for flavor. Try lemon, lime, orange, kiwi, or even melon. No fresh fruit on hand? Frozen and canned are ok too! Go for frozen berries or mango, or canned pineapple. Frozen fruit even doubles as ice cubes.



#### FRUITS AND VEGETABLES HAVE WATER TOO!

About 20% of daily water intake comes from food, and it just so happens that fruits and veggies seasonal to summer are especially high in H<sub>2</sub>O, (along with important vitamins too!). Skip the salty processed foods and instead try out these hydrating snacks:

- ❖ Sliced radish, carrot, and celery sticks with hummus
- ❖ Cut fresh tomatoes sprinkled with oregano and parmesan
- ❖ Melon skewers with a side of Greek yogurt or cottage cheese
- ❖ Strawberry, cucumber, and spinach salad

#### REPLACE ELECROLYTES IF YOU'RE SWEATING

Electrolytes are important for maintaining a healthy fluid balance within the body. Keep a low-sugar sports drink such as G2 in your refrigerator for days when you're out working in the yard.



#### SAFETY TIP: DON'T OVERWORK YOURSELF IN THE SUN!

If you're feeling faint or dizzy, grab a seat in the shade with your water bottle and don't get up until you've had several sips and are feeling better.

Created by Emily Cardwell, BS, DI  
Reference: Harvard Health <https://www.health.harvard.edu/staying-healthy/the-importance-of-staying-hydrated>

## 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



## Agriculture/Natural Resources

### The National Wildlife Federation and Beesponsible team up to save threatened bee populations

Beesponsible

The National Wildlife Federation and Beesponsible on March 5 announced the launch of "Don't Kill My Buzz," a social advocacy campaign aimed at reversing the decline of bee populations and promoting bee-friendly, pesticide-free gardening and conservation efforts.

The partnership comes after news last year that the U.S. Fish and Wildlife Service added the first bumble bee (the rusty patched bumble bee) to the endangered species list as part of the U.S. Endangered Species Act. The species was once an excellent pollinator of wildflowers, cranberries and other important crops including plum, apple, alfalfa and onion seed.

"Bees are responsible for one in three bites of food we take. Without them, our entire food production system as well as natural ecosystems would come to a grinding halt," said David Mizejewski, naturalist for the National Wildlife Federation. "But bee populations have been declining at alarming rates. This campaign deals with the issue head-on to educate people on the role they play in the decline and the actions they can take to reverse it."

Bee-lovers can participate in the campaign and help spread the word by sharing their love of bees via social media using #dontkillmybuzz and tagging @beesponsible. For each such post, Beesponsible will donate \$1 to the National Wildlife Federation (up to \$100,000) to support the organization's conservation efforts, such as Garden for Wildlife and other pollinator-friendly, pesticide-free gardening programs. They can also purchase campaign T-shirts via [Beesponsible.com](http://Beesponsible.com), with \$5 from each sale also supporting the National Wildlife Federation.

"Don't Kill My Buzz is a playful statement with serious roots, taking the issue of the world's bee decline to a literal level. Our goal is to bring attention to plummeting bee populations and inspire people to do something to help," said Jessica Cummings, communications director for Beesponsible. "We're proud to be supporting the National Wildlife Federation and turning all the buzz about bees into meaningful change."

To learn more about #dontkillmybuzz and other ways to Beesponsible, such as bee-friendly gardening and community activism, visit [Beesponsible.com](http://Beesponsible.com) and follow Beesponsible on Facebook, Twitter and Instagram.

### Gardening tips



Most folks think of annuals when choosing plants for garden color. Don't forget, though, there are lots of colorful perennials that will come back year after year with the right care. A few that will work in Texas gardens include many of the salvias such as 'Mystic Spires'; Gregg's sage (*Salvia greggii*) and Mexican bush sage (*S. leucantha*); and penstemons like Brazos Penstemon (*Penstemon tenuis*) and hill country penstemon (*P. triflorus*).

**Agriculture/Natural Resources**

## Orange County Master Gardeners Monthly Meeting

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.



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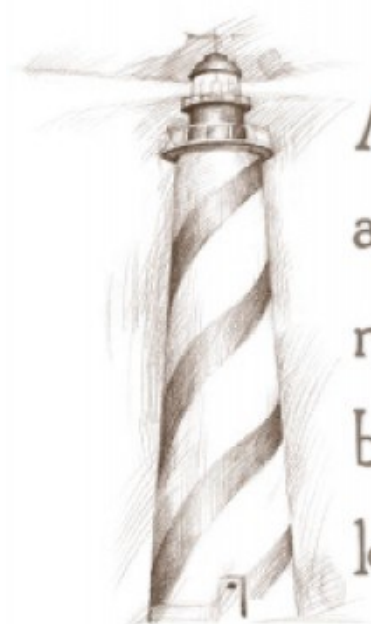
**Call or stop by the AgriLife Extension  
Office**

**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-**

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A father is neither an  
anchor to hold us back,  
nor a sail to take us there,  
but a guiding light whose  
love shows us the way.

Happy Father's Day  
June 17th

## Agriculture/Natural Resources

### Tomato Bugs (*Cyrotopeltis modesta*)



Tomato bug AKA tomato suck bug is a very small bug with adults being .25" or 7-8mm long. The body is slender, pale and is mostly greenish sometimes with a reddish tinge. Nymphs look smaller to adults, but do not have wings. Eggs are laid on the leaf near the base of the main stem

The adults and nymphs actively feed.

Nymph →



Damage is done by the nymphs and adults inserting their piercing and sucking mouthparts in plant tissues and sucking the juices. This results in the leaves and stems curling, turning yellow, then brown and dying.

There are no known natural enemies of the tomato bug or are there any specific pesticide treatments for them. I have found Neem Oil can be effective against tomato bugs.

## 4-H/Youth Development

### **Adult Leaders Association 6 pm**

1st Monday @ 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

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 and 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

(may meet at the Park)

Cortney Sanders 979-574-7220

Kristen Hay 409-474-9666

### **County Council**

4th Monday, @ 4-H Office

Council Elections 6 pm

**Summer Break will be**

**June and July.**

**Check with your Club**

**Manager, Adult Leader**

**President or County**

**Council President about**

**Summer meetings.**



**All Projects will take  
Summer break  
Resume in September.  
With the exception of**



4-H Sewing  
4th Tuesday  
May 22nd  
6 pm @ 4-H Office

## JUNE 2018

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11 State Roundup	12 State Roundup	13 State Roundup	14 State Roundup	15	16
17	18 District Horse Show	19 District Horse Show	20 District Horse Show	21 Outdoor Awareness	22	23
24	25	26 District Leadership Lab Galveston	27 District Leadership Lab Galveston	28 District Leadership Lab Galveston	29	30

## JULY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14 OCLSA TAG-IN @ T2
15	16	17 State Shoot 17-21st	18	19	20	21
22 State 4-H Congress 22-25th	23	24	25	26	27	28
29	30	31				



## 4-H/Youth Development

### Important Dates

State Roundup  
June 11th-14th  
College Station

D9 Horse Show  
June 18th-20th  
Bryan

Outdoor Awareness  
June 21st  
Claiborne Park Orange

D9 Leadership Lab  
June 26th-28th  
Galveston

Horsemanship Clinic 101  
June 30th

### 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



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

### 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](mailto:tammyswindell@ymail.com).



### 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

## Agriculture/Natural Resources

### Dead or alive? How to tell if a plant survived the freeze

By Dan Gill, LSU AgCenter horticulturist and Times-Picayune gardening columnist

It won't surprise anyone to hear that more than 90 percent of the questions I've received recently have been about freeze-damaged plants.

Immediately after a freeze, it's hard to tell the extent of the cold damage. But now, two weeks later, boy, is the damage apparent.

Rest assured, our landscapes will recover. A huge number of your plants that look hopeless and terrible now have survived and will make a comeback. Still, there are lots of questions about what to do. In particular, people want advice about specific plants, so this column will focus on that.

But first, let's get the main question out of the way: "Is my plant still alive and will it recover?"

It's hard to predict whether or not individual plants are alive. There are way too many variables. Be optimistic for plants growing in the ground, particularly if you were able to provide some protection. Don't let the fact that covered plants were damaged dismay you. Given how cold it got, it's to be expected. The cover was not there to prevent all damage, but to save the life of the plant.

The second most common question has been: "What should I do to help my plants recover?" The damage is done, and nothing you do now will take that away. If the plants survived, they will recover if you leave them alone. If they didn't make it, nothing you do now will bring them back. Do not fertilize, water excessively or do anything like that.

#### Citrus trees

Citrus plants really took a beating in the freeze. Lots of citrus trees likely were killed on the north shore, and trees on the south shore were badly damaged.

Lemons and limes, the least cold tolerant citrus plants, are more likely to show damage or to have died. The branches of trees dropping all of their leaves are likely still alive. Leaves that have turned brown and are clinging to the tree indicate major damage to the branches. Also fruit left on the trees through the freezes likely has been ruined.

Don't do anything to your citrus trees now. When new growth begins in the spring, you'll be able to clearly see what is alive (sprouting) and what is dead. If new sprouts are only from the base of the trunk, the desirable citrus is lost, and all that is left alive is the rootstock. Remove and replace the tree.

If the new growth occurs from upper portions of the tree above the graft union, prune back to the areas that are sprouting. Cold-damaged citrus trees that sprout in spring may show more damage in midsummer. Growing shoots may collapse and die and should be pruned off then.

#### Woody Tropicals

Hibiscus and other woody tropicals — including brugmansia, tibouchina, bougainvillea, croton and ixora — were severely damaged. Generally, wait until spring when new growth appears, and do your pruning when you can clearly see what is alive and dead. If you're impatient, use your thumbnail to scratch the bark starting at the top of the plant and working down. If the tissue just under the bark is tan or brown, that branch is dead. When you find green tissue just below the bark, that part is still alive, and you can cut back to there. This applies to most woody tropicals.

#### Bird of paradise

Cut the dead and damaged foliage of bird of paradise plants back, removing the leaf stem along with the leaf blade. These plants have likely survived and will recover, although flowering this summer will be sparse.

Cut the foliage of giant bird of paradise plants back to the trunk. Remove any trunks that have not sent out new growth by the end of May.

#### Other tropicals

Tropicals that produce bulbs, rhizomes or other fleshy below-ground organs should be just fine. Cut badly burned gingers, cannas and elephant ears down to the ground and mulch over the rhizomes.

continue on next page

## Agriculture/Natural Resources

Agapanthus (lily of the Nile), amaryllis, crinum and spider lilies (Hymenocallis) sustained damage to their foliage, but will reliably return from their bulbs. Prune away any foliage you can see is dead, and it will return just fine.

### Ferns

Ferns damaged by the cold — including Boston fern, sword fern, leather leaf fern, holly fern, asparagus ferns and others — should be cut to the ground before new fronds appear in the spring. You could do it now.

You also may cut back Aztec grass and variegated flax lily (Dianella) to remove damaged foliage. They should all recover.

This is a good time to look over your landscape and consider your use of tender tropicals. We sometimes get carried away with the use of these wonderful plants — only to see extensive damage or loss when we experience the kind of freezes we did this winter.

A DONATION GARDEN

# THE FIELD OF PLENTY

VOLUNTEER

2120 Wickard, Orange, Texas

thefieldofplenty@gmail.com

EMAIL US TODAY!



## Family & Community Health

### Quick Pad Thai (serves 6)

6 ounces whole wheat thing spaghetti  
 2 tablespoons oil (canola or vegetable), divided  
 24 ounces frozen vegetable mix  
 3 tablespoons light soy sauce  
 1/4 cup water  
 1/4 cup peanut butter  
 2 tablespoons sugar  
 1/2 pound boneless, skinless chicken breast (cut into bite sized pieces)  
 3 eggs  
 1/2 cup peanuts, chopped



1. Cook spaghetti according to package directions. Drain in colander. Toss with 1 tablespoon oil.
2. Defrost vegetables in microwave for 5 minutes as spaghetti cooks.
3. Combine soy sauce, water, peanut butter, and sugar in a small bowl. Stir until smooth. Set aside.
4. Heat 1 tablespoon of oil in large skillet over medium high heat. Add chicken pieces. Cook and stir until no longer pink.
5. Crack eggs into a small bowl and beat. Add to skillet with chicken. Scramble until firm. Add the vegetables and spaghetti to the pan with the chicken mixture. Stir to heat through.
6. Add the soy sauce mixture to the skillet. Stir to coat.
7. Place in serving bowl and sprinkle peanuts on top.

Tips: Use cooked fresh vegetables instead of frozen. Use either smooth or chunky peanut butter. Ake your own light soy sauceby mixing equal parts water and regular soy sauce. Add red pepper flakes and lime slices.

Nutrition: Serving size 1 1/2 cups. Calories 430, Total fat 17g, Saturated fat 3g, Trans fat 0g, Cholesterol 120mg, Sodium 440mg, Total Carbs 47g, Dietary Fiber 8g, Total sugars 10g, Protein 24g.

[Spendsmart.extension.iastate.edu/recipes](http://Spendsmart.extension.iastate.edu/recipes)

Texas Department of State Health Services accredited food handlers program



## FOOD HANDLER'S Training Class

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

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

**6 pm to 8 pm**

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

**TEXAS A&M**  
**AGRI LIFE**  
**EXTENSION**

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



**Food Safety**  
it's our business

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

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.



## Family & Community Health

### Heart Disease Newsletter



What research says about the world's leading cause of death

#### What is Heart Disease?

Beginning as early as 2 years of age, particles in the blood begin to damage blood vessel walls. This damage continues as we age, but the severity depends on several lifestyle factors (we've all heard about the importance of diet, exercise, on avoiding tobacco). So the earlier we start a healthy lifestyle, the better.

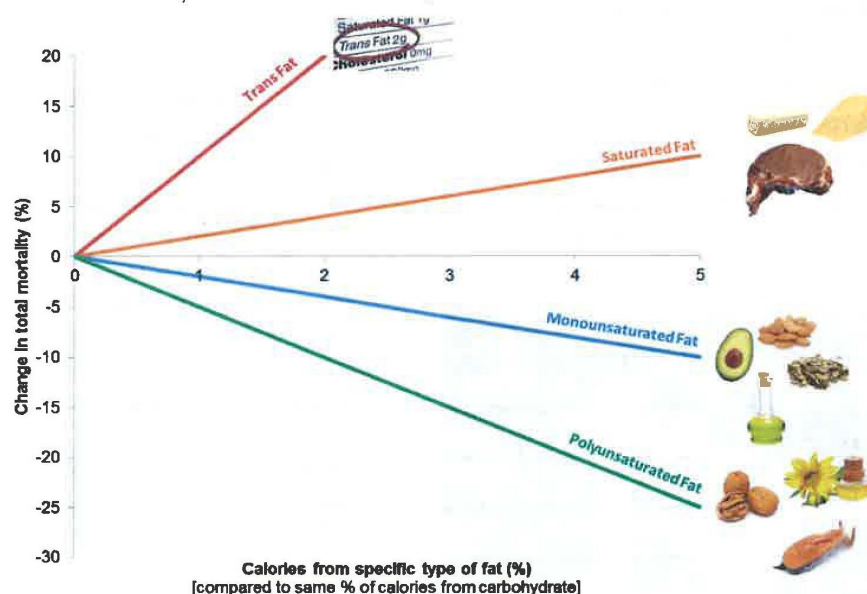
The term *heart disease* includes several types of damage to the circulatory system, including Coronary Artery Disease, Congestive Heart Failure, Peripheral Artery Disease, and several types of hypertension and thrombosis, among others.

#### Diet for a Happy Heart

Try choosing vegetarian sources of protein at least a few times a week. Beans, lentils, and soy (edamame, tofu, etc.) will not only help you get the protein you need without the saturated fat or cholesterol, but also provide an excellent source of fiber for gut health. Nuts and seeds are also an excellent source of protein and heart-healthy fats (just don't go too crazy as they pack a calorie punch as well). Avoid red meat as research still supports its correlations to cardiovascular damage.

One study from the Harvard School of Public Health (2012) followed 37,698 men and 83,644 women for 22 years found that "one daily serving of unprocessed red meat (about the size of a deck of cards) was associated with a 13% increased risk of mortality, and one daily serving of processed red meat (one hot dog or two slices of bacon) was associated with a 20% increased risk". Replacing this with vegetarian sources of protein showed the following percentages of lowered mortality risk: 19% for nuts, 10% for legumes, and 14% for whole grains. Yes, quinoa, oats, barley, and others all have protein too!

Choosing the right fats (and eating them in moderation) is important for a heart-healthy diet. Harvard weighs in again with this 2016 graphic comparing sources of fats to their mortality risk:



Go for sunflower or olive oils instead of butter, fish or balck bean burgers instead of beef, and nuts, seeds, hummus, or avocado instead of cheese. And by all means avoid the *trans* fats found in processed snack foods, sweets, and stick margarines.

#### Get your fruits and veggies!

Through all kinds of diet fads, this tip never goes out of style. Fruits and vegetables are proven time and time again to ward off chronic ailments, including heart disease. Countless compounds found in these colorful foods are proven to promote health in a variety of ways. The lycopene found in tomato products, for example, has been found to be particularly protective against heart disease. From enzymes to antioxidants to cholesterol-lowering fiber, there is just no replacement for their benefits.

(2016) Different Dietary Fat, Different Risk of Mortality. Harvard T.H. Chan School of Public Health

## Family & Community Health

### Stress Management tips to Reduce Blood Pressure

Managing stress can go a long way towards preventing damage to your circulation. Try participating in meditation, yoga, or even joining social groups to calm the mind. Taking some time to walk or play with your children, grandchildren, or other loved ones (pets count too!) is also shown to do the heart some good. Finding a type of exercise you enjoy and partaking a few times a week will reduce anxiety and boost feel-good chemicals, which benefit the whole body.

If you're feeling overwhelmed, practice deep breathing and positive self-talk. For example, when something appears impossible, tell yourself "I'll just do the best I can and everything will turn out okay", or "I can always reach out for help if I need to". In addition, breaking problems down into smaller parts makes finding the answers less stressful for the mind and heart. And finally, relaxing music is usually a good idea too.



Having pets is shown to reduce stress and anxiety.

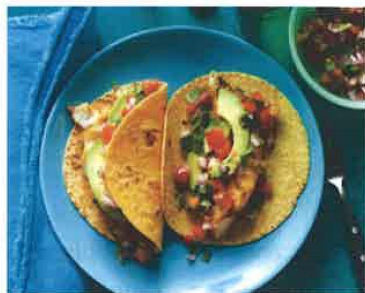
### Delicious Ways to Eat for Heart Health

#### Easy Baked Fish Tacos

*Adapted from eatingwell.com*

Prep: 20 min

Ready In: 25 min



#### Ingredients:

- 1 tablespoon avocado oil (may substitute canola)
- 2 teaspoons no-salt-added Mexican seasoning blend
- ½ teaspoon salt
- 1 pound salmon or flaky white fish such as cod, haddock or tilapia, cut into 8 pieces
- 1 avocado, cut into 16 slices
- ½ cup pico de gallo
- 8 corn tortillas, warmed

#### Instructions:

1. Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.
2. Stir oil, seasoning blend and salt together in a medium bowl. Add fish and toss to coat. Transfer to the prepared baking sheet and bake until the fish flakes easily, about 10 minutes, depending on thickness.
3. To assemble tacos, place 1 piece of fish, 2 slices avocado and 1 tablespoon pico de gallo in each tortilla

\*this recipe is also delicious with a scoop of cabbage slaw instead of the pico de gallo

#### Nutrition Information:

Serving size: 2 tacos

296 calories; 13 g fat(2 g sat); 6 g fiber; 29 g carbohydrates; 19 g protein; 45 mg cholesterol; 1mg iron; 521 mg sodium; 559 mg potassium

#### Easy 5 minute Hummus

Great for a filling snack with fresh cut veggies or as a spread on wraps or sandwiches

#### Ingredients:

- 1 (15 ounce) can garbanzo beans, drained
- 1 Tbsp fresh lemon juice + 1 tsp lemon zest
- 1 Tbsp olive oil
- 1 clove garlic, crused
- ½ tsp ground cumin
- ½ tsp salt
- Optional: 1-2 Tbsp tahini (sesame paste)

#### Instructions:

Simply add all ingredients to a blender and blend until smooth. Note: may need to add water to reach desired consistency



Per ¼ cup serving: 121 calories; 4.7 g fat; 16.5 g carbohydrate; 3.6 g protein

Created by Emily Cardwell, BS, DI

#### References:

Google Photos  
Kirkpatrick, K. (2015). Avoid These 10 Foods Full of Trans Fats. *Cleveland Clinic Wellness Institute*.  
Mahan, L. K., Raymond, J. L. (2017). *Food and the Nutrition Care Process*, 14<sup>th</sup> edition.  
Pan, A., Sun, Q., Bernstein, A. M., Schulze, M.B., Mason, J. E., Stampfer, M. J., Willett, W. C., Hu, F. B. (2012). Red meat consumption and mortality: results from 2 prospective cohort studies. *172(7):555-63*. doi: 10.1001 (2018) 3 Tips to Manage Stress. *American Heart Association*



## Family & Community Health



# POTASSIUM & FIBER

### Why is Potassium & Fiber important?

- According to the 2015 dietary guidelines, potassium and fiber are two nutrients inadequately consumed by most people in the U.S.
- Potassium is a mineral found in fruits and vegetables that is important for maintaining optimal blood pressure and for maintaining fluid and electrolyte levels in the body
- Eating an adequate amount of fiber, also found in fruits and vegetables, can help lower cholesterol levels in the blood and keep your bowel movements regular!

[http://www.nationalacademies.org/hmd/-/media/Files/Activity%20Files/Nutrition/DRI-Tables/8\\_Macronutrient%20Summary.pdf?la=en](http://www.nationalacademies.org/hmd/-/media/Files/Activity%20Files/Nutrition/DRI-Tables/8_Macronutrient%20Summary.pdf?la=en)

<https://health.gov/dietaryguidelines/2015-scientific-report/06-chapter-1/d1-2.asp>

THE RDA (OR  
RECOMMENDED  
DIETARY  
ALLOWANCE) FOR  
POTASSIUM IS 4700  
MG/DAY

THE AI (OR  
ADEQUATE INTAKE)  
FOR FIBER IS 21-30  
G/DAY

BUTTERNUT  
SQUASH, POTATOES,  
AND KIDNEY BEANS  
ARE GREAT  
SOURCES OF  
POTASSIUM!

EDIBLE SKINS OF  
FRUITS AND  
VEGETABLES, NUTS,  
AND GRAINS ARE  
EXCELLENT  
SOURCES OF FIBER!

## Black Bean Burgers

1 can low sodium black beans (drained and rinsed)  
1 egg, beaten  
1/2 cup bread crumbs  
1/4 cup onion, minced  
1/4 teaspoon pepper  
1 tablespoon oil

1. Mash beans with a fork.
2. Stir mashed beans, eggs, bread crumbs, onion, pepper, and oil together until combined. Shape into 4 inch patties. Wash hands.
3. Heat a skillet over medium heat. Spray with nonstick cooking spray.
4. Place patties in the skillet and cover with a lid. Cook patties for 5 minutes on the first side. Flip patties, cover and cook for 4 more minutes.

Optional: cheese slices, lettuce leaves, mushrooms, onion, tomato, whole wheat bread or hamburger buns,

Nutrition Facts: Serving size 1 burger, Calories 300, Total Fat 6g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 45mg, Sodium 260mg, Total Carbs 28g, Dietary Fiber 7g, Total Sugars 2g, Protein 10g.

[spendsmart.extension.iastate.edu/recipes](https://spendsmart.extension.iastate.edu/recipes)

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. Persons attending our programs and needs auxiliary assistance, please contact the AgriLife office 3-5 business days before the program., 409-882-7010.