

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



County Judge
Dean Crooks
Commissioner Precinct 1
Johnny Trahan
Commissioner Precinct 2
Barry Burton
Commissioner Precinct 3
John Gothia
Commissioner Precinct 4
Jody Crump



Scan and go directly to
our AgriLife website
orange.agrilife.org



Orange County
Texas A&M AgriLife Extension

September 2018



In Honor of Labor Day AgriLife Office will be Closed



Scan and go directly to
our Facebook page

4-H/Youth Development



Orange County 4-H 2018 Annual Pecan Fundraiser



**Pre-Orders deadline to have in time for
Thanksgiving-Oct 15th or Christmas -Nov. 9th**

Plain Pecans Pieces OR Halves

1 lb. bag \$9.50
3 lb. box \$27.50
5 lb. box \$45.50

Specialty Nuts

1 lb Roasted and Salted Cashews \$9
1 lb Walnuts \$8
1 lb. Roasted and Salted Pistachios \$8.25
1 lb. Raw Almonds \$7.75
12 oz Chocolate Cover Almonds \$8
(New) 12.oz Honey Toasted Almonds \$8

Peanuts

12 oz Chocolate Peanuts \$5
12 oz Honey Roasted Peanuts \$5
1 lb Hot and Spicy Peanuts \$4
(New) 12 oz. Yogurt Cover Pretzels \$7
(New) 12 oz. Chocolate Cover Pretzels \$7

Frosted or flavored Pecans 12 oz. zipper bag

Chocolate Covered or White Chocolate or Chocolate Toffee Covered \$8.50
Praline Frosted or Amaretto Frosted \$8.50
Cinnamon Frosted or Honey Toasted Glazed \$8.50
Sugar Free Chocolate (contains Malitol) \$8.75

Baskets

1 lb. Texas Wicker Basket \$19
(Chocolate & White Chocolate Mixed)

3.5 lb. Round Wicker Gift Basket \$47

1/2 lb each of Milk Chocolate Pecans, White Chocolate Pecans, Praline Frosted Pecans, Texas Deluxe Mix and Hunter's Mix

3.94 lb. Big Tex Gift Basket \$55

Texas shaped basket filled with 11 oz. Pecan Topping, 12 oz. each of Milk Chocolate Pecans, White Chocolate Pecans, Praline Frosted Pecans and 1 lb. Raw Pecan Halves.



SAMPLERS

4 Flavor 1 lb. Pecan Sample \$13

(White Chocolate, Chocolate, Cinnamon and Praline Halves)

2 lb. Pecan Sampler \$25

(Chocolate, White Chocolate, Amaretto, Cinnamon, Pina Colada & Praline Frosted)

2 lb. Fruit and Nut Sampler \$22

(Whole Almonds, Raw Pecan Halves, Walnut Halves, Dried Cranberries, Fruit Mix and Trail Mix)



Specialty Mixes

Texas Deluxe Nut Mix \$9.75

(Pecans, Cashews, Almonds and Brazil Nuts)

Hunter's Mix \$6.50

(Cashews, Cocktail Peanuts, Sesame Sticks, Sesame Seeds, Natural Almonds, Fancy Pecan Halves, Peanut Oil and Salt)

California Mix \$6.50

(Almonds, Walnuts, Dried Apricots, Diced Dates, Banana Chips, Seedless Raisins, Coconut Chips, Cashews and Sunflower Seeds)

Trash Mix \$4.50

(Sesame Sticks, Jumbo Runner Peanuts, Pretzels, Hot and Spicy Peanuts, Peanut Oil and Salt)

Fiesta Mix \$4.50

(Bar-B-Que Corn Sticks, Taco Sesame Sticks, Nacho Cheese and Hot & Spicy Peanuts)

Fruit Mix \$5.50

(Dried Apricots, Banana Chips, Diced Pineapple, Diced Papaya & Golden Raisins)

Cran-Slam Mix \$7.25

(Dried Cranberries, Raw Walnut Pieces, Roasted and Salted Sunflower Seeds, Roasted and Salted Pumpkin Seeds, Diced Pineapple and Black Raisins)

Mountain Mix \$6.25

(Roasted and Salted Cashews, Roasted and Salted Peanuts, Roasted and Salted Almonds, Raisins and M&M's)

(New) Southwest Trail Mix \$6.50

(Hot & Spicy peanuts, Roasted & Salted Almonds, Chili Crescents, Sesame Sticks & Roasted & Salted Pumpkin Seeds)

Orders can also be place with any of our 4-H members

ORDER NOW

**To place your order call the
Orange County 4-H office
882-7010**

**PLEASE MAKE CHECKS TO
Orange County 4-H Council**

Thank You!

Family & Community Health

Clover Kids Camp 2018



Cooking



Science



Robotics



Sewing

Agriculture/Natural Resources

The Wonderful World of Wildflowers!

How many times have you driven the highways of Texas during the spring and wished you had wildflowers growing in your yard? When spring is here is the time you think about doing something but it is the wrong time to do it. NOW is the time!!!



September thru December is the most favorable months for planting wildflower seeds. Many species will germinate during the fall allowing the plants enough time to establish a good, healthy root system before going dormant for the winter. Some seeds may not germinate if the ground temperature is below 70°F and the seeds will remain dormant until it warms up in spring.

To plant wildflowers, first select quality wildflower seed and make sure the sight you select will support them.

1. Select a well-drained sight in full sun (at least 8 hours of full sun).
2. Remove any weeds to keep them from competing with your wildflowers.
3. Mow existing vegetation as short as possible removing clippings.
4. Prepared seedbed by raking or lightly tilling the surface to a 1 inch depth thus limiting any weed seed disturbance.
5. Mix seed with sand, perlite, potting soil, etc. to help evenly spread (4 parts to 1 part).
6. Spread seed one way then come back and spread seed in opposite direction to increase coverage.
7. Press seed into ground by walking on or rolling over with a heavy roller.
8. Lightly water as to not have any runoff.

Wildflowers add color and natural beauty to your landscape. They require low maintenance and require little water. Once established, they should come back year after year.

Adverse weather conditions such as drought, excessive rainfall, will affect the success of wildflowers. So, some years you may have a bumper crop and others not so much. But, just be patient, they will come back.

Fertilization of wildflowers is NOT recommended unless the soil they are growing in has been depleted of nutrients. The best way to know is to do a soil test. Contact your local AgriLife office regarding doing a soil test. Fertilizing will encourage unnecessary weed growth. If you need to amend your soil, it is best to use a fertilizer with the ratio of 1-3-2 (1 part nitrogen, 3 parts phosphorus, 2 parts potassium).

More information can be found at <https://aggie-horticulture.tamu.edu/wildseed/growing.html> for planting and growing wildflowers in Texas along with pictures of different wildflowers.

Happy Planting – Sheri Bethard, Orange County Master Gardener

ORANGE COUNTY RANCHERS ROUNDUP

Hosted by Beef & Forage Committee

Speaker: Dr. Mike Meaux, DVM, Southwest LA Veterinary Clinic

Addressing Cattle Health & Nutrition in Southeast Texas & Southwest Louisiana

2 CEU'S Offered

LEARN HOW TO MAKE MORE MONEY!!!

Discussion with area ranchers on beef cattle, crops, and pasture maintenance.

September 18, 2018

6:00 pm - 8:00 pm

Meal Provided!**

Orange County

Extension Office

Call 409-882-7010

to register

TEXAS A&M
AGRI LIFE
EXTENSION

Door Prizes!

52 Card Raffle for a New Shotgun

**** Meal sponsored by Vinton Feed Store**

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.

What is Land Stewardship?

Responsibility

The responsible planning and management of resources

Ownership

Careful management of something entrusted to one's care

Accountability

The way time, talents, material possessions, or wealth are used or given

Family & Community Health

FREE 5 Class Series Do Well, Be Well with Diabetes



6 pm to 8 pm
October 1st, 8th, 15th,
22nd, & 29th

Join us in learning
how to prevent and
control your type 2
diabetes, eat
healthy and much
more to control your
diabetes.



**Texas A&M AgriLife
Extension**
Orange County
11475 FM 1442, Orange, TX 77632
**Call the AgriLife Office for
your reservations.**
409-882-7010

**TEXAS A&M
AGRI LIFE
EXTENSION**

**DO WELL
BE WELL**
with diabetes

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**TEXAS A&M
AGRI LIFE
EXTENSION**

**BETTER LIVING
FOR TEXANS**
TEXAS A&M AGRI LIFE EXTENSION

Fresh Start to a Healthier You



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



Location:

Raymond Gould Community Center
385 Claiborne St, Vidor, TX 77662

Dates: Thursday, September 27th,
October 4th, 11th, & 18th

Time: 11AM-12PM



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

Certified Food Managers 2-day Course & Exam

9 am to 5 pm

October 10th & 11th

Registration Deadline: Sept. 19th

AgriLife Extension Office

Registered by going online to
Foodsafety.tamu.edu print the regis-
tration form, complete and send to
FPM with Payment of \$125 payable
to FPM Account 230303.

Questions, contact the AgriLife Extension Office
409-882-7010

**LAST
CHANCE**
THIS YEAR

Food Handler's Training Class

November 15th 2018

6pm to 8 pm

AgriLife Extension Office

\$20 per person paid the day of the class.

Checks/Money Order Payable to:

FPM Account 230202

No cash accepted.

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.



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-



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!

GRASS DISEASES

Brown Patch

Affects lawns in early fall or spring. It's a fungal problem that causes circular or irregular, thin or light brown spots in turf grass.

Take-all Patch

Fungus that is most active in cooler temperatures under moist conditions. Symptoms appear as yellowing leaves and thin roots when temperatures rise in the summer.

Gray Leaf Spot

Causes thinning of turf grass. Fungicide applications are not recommended to control this disease in North Texas.

**WATER
UNIVERSITY**

For more information visit:
wateruniversity.tamu.edu

4-H/Youth Development



Adult Leaders Association

1st Monday, Sept 3rd will meet
the 4th due to Labor Day
6pm @ 4-H Office 4-H

Clay Busters Shooting Sports

Meetings—1st Tuesday, Sept 4th @ 6 pm
Tuesdays Shooting practice 6 pm
Orange County Gun Club
Robert Caffey 409-767-6222
robert.caffey@kodiakgas.com



Dusty Trails 4-H & Clover Kids Club

2nd Tuesday, Sept. 11th

6pm-8pm @ 4-H Office
Becky Hutchison 409-670-8945
Chesley Walters 409-781-0946

Mighty Pirates 4-H

2nd Tuesday, Sept 11th @ 7 pm,
Vidor Junior High Cafeteria
Tammy Glawson 409-474-2811
Franny Woods 409-330-7024

Boots & Bridles 4-H Horse Club

3rd Monday, Sept 17th
6 pm @ T2 Arena
Nicole Kepley 409-779-5521

All Hearts 4-H Homeschool Club

3rd Monday, Sept. 17th
1 pm @ 4-H Office
Kristen Hay 409-474-9666
Tammy Swindell 409-239-6026

County Council

4th Monday, Sept. 24th @ 4-H Office
6:30 pm

My 4H project

Recordbook

1st Tuesday, Sept 4th
6 pm @ 4-H Office

Livestock Judging

1st Thursday, Sept 6th
6 pm @ 4-H Office

(Do not have to own an animal to participate)

Dog Project

2nd Thursday, Sept 13th
6 pm @ 4-H Office Classroom
3rd Monday, Sept. 17th
6 pm
Orange County Livestock Barn
Mauriceville-Bring dogs

Food & Nutrition (cooking)

3rd Tuesday, Sept 18th
6 pm @ 4-H Office

Clothing & Textiles (sewing)

4th Tuesday, Sept. 25th
6 pm @ 4-H Office

Beginners Robotics

4th Thursday, Sept. 27th
6 pm @ 4-H Office

4-H/Youth Development

Orange County 4-H September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Holiday Office Closed LABOR DAY</i>	4 <i>Clay Busters 6pm Adult Leaders 6pm DATE CHANGE THIS MONTH ON- LY</i>	5	6 <i>Livestock Judging 6pm</i>	7	8
9	10	11 <i>Mighty Pirates 7pm Dusty Trails & Clover Kids 6pm Office Dead- line for Steer & F-1 Heifer for YMBL South Texas State Fair</i>	12	13 <i>Dog Project 6pm</i>	14	15
16	17 <i>All HEART 1pm Boots & Bri- dle 6 pm Dog Project 6pm</i>	18 <i>Food & Nutrition 6pm</i>	19	20 <i>4-H Banquet</i>	21	22
23	24 <i>County Council 6pm</i>	25 <i>Sewing 6pm</i>	26	27 <i>Robotics 6 pm</i>	28 <i>Office Deadline for Lamb, Goat, Swine & Poultry for YMBL South Texas State Fair</i>	29
30						

4-H/Youth Development

Orange County 4-H October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1 Adult Leaders 6pm</i>	<i>2 Clay Busters 6 pm</i>	<i>3 TSC Paper Clover Campaign begins</i>	<i>4 Livestock Judging 6pm</i>	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i>	<i>9 Dusty Trails & Clovers 6 pm Mighty Pirates 7pm</i>	<i>10</i>	<i>11 Dog Project 6pm</i>	<i>12</i>	<i>13 OCLSA Show</i>
<i>14 TSC Paper Clover Campaign Ends</i>	<i>15 Pecan Order Deadline for Thanksgiving. All HEART 1 pm Boots & Bridle 6 pm Dog Project 6 pm</i>	<i>16 Food & Nutrition 6 pm</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>
<i>21</i>	<i>22 County Council 6 pm</i>	<i>23 Sewing 6 pm</i>	<i>24</i>	<i>25 Robotics 6 pm</i>	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i>	<i>30</i>	<i>31 Happy Halloween</i>			

4-H/Youth Development

IMPORTANT DATES

September 11th

Steer & F1 Show ENTRY Deadline

September 28th

Lamb, Goat, Swine Tag ORDER Deadline

September 28th

Poultry (Roaster/Broiler ORDER & ENTRY Deadline

November 26th

Lamb, Goat & Swine Show ENTRY Deadline

REMEMBER the 4-H OFFICE DEADLINE IS BEFORE STSF DEADLINE



March 21-31, 2019



Sept 28th—Oct 6th

Winnie-Stowell Park

Livestock show information will be announced as soon as it becomes available.



Sept. 28th—Oct. 21, 2018

FAIR PARK * DALLAS



October 3rd to 13th
KEEP CALM AND ENJOY
NATIONAL 4-H WEEK



What can you do in one day?

October 3rd

Family & Community Health

The Best Healthy Turkey Chili

Makes 6 servings, about 1 1/2 cups each.

- 2 teaspoons olive oil
 - 1 yellow onion, chopped
 - 3 garlic cloves, minced
 - 1 medium red bell pepper, chopped
 - 1 pound extra lean ground turkey or chicken (99%)
 - 4 tablespoons chili powder
 - 2 teaspoons ground cumin
 - 1 teaspoon dried oregano
 - 1/4 teaspoon cayenne pepper
 - 1/2 teaspoon salt, plus more to taste
 - 1 (28-ounce) can diced tomatoes or crushed tomatoes
 - 1 1/4 cups chicken broth
 - 2 (15 oz) cans dark red kidney beans, rinsed and drained
 - 1 (15 oz) can sweet corn, rinsed and drained
 - For topping: cheese, avocado, tortilla chips, cilantro, sour cream
1. Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and sauté for 5-7 minutes, stirring frequently. Next add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
 2. Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary. Garnish with anything you'd like.

To make this recipe in the slow cooker: Reduce the chicken broth to 1/2 cup and brown the turkey and onions before adding to the slow cooker. This is an awesome tailgating or football party recipe!

Nutrition Information: Calories 336, Fat 3.7g, Carbohydrates 46.7g, Sugar 9.5g, Fiber 17.4g, Protein 31.8g.

ambitiouskitchen.com

Believe
in yourself
— & —
you will be
Unstoppable

Edamame Hummus

2 cups edamame, shelled

1/4 cup canola oil

3 tablespoons

fresh lemon juice

2 teaspoons fresh

garlic

1/2 teaspoon ground cumin

1/4 teaspoon ground cayenne pepper

3 tablespoons water

1/4 teaspoon coarse kosher salt



Puree edamame, oil, lemon juice, garlic, cumin, cayenne pepper and salt in food processor until smooth. Add water to form spreadable consistency.

Nutrition facts per serving (Serves 8):
Calories: 97, Fat: 8.45 g, Saturated fat: 0.52 g, Protein: 3 g, Fiber: 1.5 g, Sodium: 62 mg, Cholesterol: 0 mg, Carbohydrates: 3.23 g

Florida Hospital

Family & Community Health



Free
Food
&
Snacks

Health Screenings
Door Prizes

Line Dancing
Nutrition Information

Vendors
And much more

Family Activities
Container Gardening

Cooking Demo
Obstacle Course

Crafts for the Youth
Table Games

Better Living for Texans



Saturday

November 3rd

10 AM—2 PM

Orange County
Convention and
Expo Center

11475 FM 1442

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Agriculture/Natural Resources

LAWN INSECT PESTS

CHINCH BUGS

Small hard bodied winged insects that usually cause patches of damage. Chinch bug damage often mimics drought stress and commonly occurs in late spring and summer.



GRUBS

Can be present in turf grass, and feed on the root area which causes brown spots in the turf.



SCALE

Form small cottony or waxy white masses at the base, stem and leaf axis. Damage can mimic symptoms of drought or nutrient deficiency.



ARMY WORMS

Infest warm season turf grass and strip foliage in large numbers. Commonly seen in summer and early fall in North Texas.



WEED TREATMENTS

Non-selective weed treatments are not selective of what they kill. Caution should be taken to not spray the leaves of desired plants.

Selective weed treatments are **specific** as to what type of plant they will kill.

Post-emergent weed treatments are used to treat weeds that are **already present**.

Pre-emergent weed treatments are used to **stop weeds before they ever emerge from the soil**. Use them to treat **annual weeds**.

**WATER
UNIVERSITY**

For more information visit:
wateruniversity.tamu.edu

TEXAS A&M
AGRI LIFE
RESEARCH/EXTENSION

Family & Community Health

Don't Sideline Healthy Eating During Football Season

POSTED BY: FLORIDA HOSPITAL



If you're a football fan or just enjoy getting together with friends, Sherri Flynt, registered/licensed dietitian at Florida Hospital, offers a few game day tips that substitute traditional high-calorie, high-fat food to something a bit healthier and tastier:

- Have a defensive plan. Before loading your plate, take a look at all your options and decide on a few favorites, or something new, to sample.
- Huddle at the barbeque. Grilling is a fan favorite and it's also healthier. Pass on the BBQ sauce and go for a dry rub of herbs and spices. Another healthy tip: veggies and fruit are delicious when grilled.
- Sack the fried chips. Make your own chips using either whole grain pita bread or corn tortillas. Cut into triangles and bake on low heat until crispy. If you're looking for more flavor, drizzle a bit of olive oil on the pita bread, or sprinkle the corn tortillas with a touch of chipotle seasoning.
- Cut the fat. Here are a few tips to help cut the fat without cutting your favorites: add a variety of beans, whole kernel corn and chopped tomatoes to the leanest ground beef or turkey for chili; serve hot dogs that have three grams of fat or less per ounce; offer sliders instead of full-size burgers.
- Do an end run around desserts. To offer a healthier ending to your get-together, serve bite-sized desserts. This provides all the taste without the calories, sugar, and fat.

Football season doesn't mean sidelining healthier eating until after the Super Bowl. Just a few tweaks of traditional items can make a difference and let you score big for healthier eating.

Black Bean Spread

1 cup black beans (drained and rinsed)
2 tablespoons water
3 tablespoons yellow onions, chopped
1 1/2 teaspoon of fresh garlic, chopped
1/8 teaspoon dried oregano
1/2 teaspoon chili powder
1/8 teaspoon ground cumin
Pinch of ground bay leaf

Combine all ingredients in a food processor and blend until smooth, (no chunks)

Nutrition facts per serving (serves 4) Serving size 1-2 Tablespoons: Calories 46, Fat 0.3g, Saturated Fat 0g, Cholesterol 0mg, Sodium 153 mg. Carbohydrates 9g, Fiber 3g, Protein 2.5 g.



Agriculture/Natural Resources

Cooking with Garlic

Err' Try Growing Garlic Instead



Most of us cook with garlic on a regular basis, but have you thought about growing your own garlic? The garlic you buy in the grocery store has been in cold storage prior to being put out in the produce section of your favorite store. The cold storage throws garlic's internal clock out of whack delaying it from aging. Growing your own garlic is fairly easy. And the taste of fresh garlic is Amazing and more intense.

There are three types of garlic: Softneck, Hardneck. And Elephant:

Softneck garlic grows best in the south and areas where the winters are mild. Most varieties do not produce scapes (the thin green curled stalk), but they are great for braiding. Varieties include Creole, Silver Rose, Loiacono, and Early Italian

Hardneck types adapt to cold winter areas and all produce curled scapes in early summer. Popular varieties include porcelain, purple stripe, Montana Giant and Shilla.

Elephant garlic produces a large, mild-flavored bulb comprised of 4-6 big cloves. It is closely related to leeks.

Garlic is best planted in the fall. Garlic can be planted in the spring, but we are going to concentrate on fall as the roots develop during these months along with wintertime and then by early spring you will start to see some green leaf growth, which is required for large bulbs to form.

Plant garlic in a raised bed in a spot not recently used for garlic or other plants in the onion family. Work rich compost into the top 6 inches of soil along with 10-10-10 fertilizer. Soil must be loose and well drained.

Separate the garlic bulb into individual cloves. Plant each clove with the pointed end up with 1-2" of fine soil, spacing each clove about 4' apart. Once planted, cover with about 4" of mulch or straw to help protect during winter low temps.

In the spring when leaves begin to appear, it's time to feed the plants with a teaspoon or two of a high -nitrogen fertilizer that decomposes slowly, such as blood meal which should be worked into the soil near the plant. Add more mulch if needed.

When the leaves start to turn brown, the garlic is ready to harvest. You can start checking when there are 5-6 leaves left. Garlic needs to cure before you store it. Bundle 8-12 together by their leaves and hang them to dry. ENJOY!!!!

Next month – more about the different uses of garlic as it matures

Sheri Bethard, Orange County Master Gardeners

9 Things To Add For The Best Bath Ever





Non-Profit Org.
US Postage
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Orange, TX
Permit #12

Return Service Requested

Beef & Rice Florentine

Serves 6

3/4 pound lean ground beef
1 tablespoon onion, diced fine
1 (10ounce) package frozen spinach, thawed
1 teaspoon oregano
1 1/2 cups cooked brown rice
1 tablespoon grate Parmesan cheese or 1/4 cup of low fat grated cheddar cheese
1 medium tomato, diced
1 cup water
Salt and pepper to taste.

Brown meat and onion together, drain fait.
Push meat mixture to the side of the pan and ad spinach, water, tomato, salt, pepper and oregano.
Break up the spinach and bring the mixture to a boil
Stir in rice, cover and remove from heat. Let stand for 5 minutes.
Top with cheese and serve

Nutrition Facts: Serving Size 1 1/2 cups
Calories 180; Total Fat 5g; Saturated Fat 2g; Trans Fat 2g; Cholesterol 50mg; Sodium 150mg; Total Carbohydrate 14g; Dietary Fiber 2g; Sugars 1g; Protein 20g.