

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



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 AgriLife Newsletter

 October 2018



Orange County
Texas A&M AgriLife Extension



Scan and go directly to
our Facebook page

Family & Community Health



BETTER LIVING FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

TEXAS A&M AGRILIFE EXTENSION

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

FALL FESTIVAL

Saturday

November 3rd

10 AM—2 PM

Orange County
Convention and
Expo Center

11475 FM 1442

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.

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 Raisin)

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

Thank You!

ORDER NOW

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

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

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



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.

**It's ok if you missed the
1st diabetes class. You can
start with the 2nd class.
After the 2nd class missed
its too late to join. You have
missed the full
educational benefit.**



Food Handler's Training Class

November 14th 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.

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

Family & Community Health

Healthy Halloween Snacks



**Tired of freezing meat, poultry and game?
Then join us for a hands on**

Meat Canning Class

Thursday, November 6, 2018

5:00 pm

AgriLife Extension Office

11475 FM 1442, Orange

\$20 per person payable day of class.

Cash or Check payable to HOPE

**Must contact the AgriLife Office by 5 pm Monday,
October 30, 2018 for your reservation, 409-882-7010.
(class size limited)**

**Class taught by Fallon Foster
County Extension Agent
Family & Community Health**



Agriculture/Natural Resources

More about Garlic

As promised last month when I gave you information on how to plant and grow garlic here is more about this wonderful unique little bulb.

If not already on your hierarchy of grocery store staples, garlic should rank high along with milk and bread. It should be in your

But, did you know garlic actually has a season? A couple, actually! When you plant cloves one by one in the fall, they turn into tender green garlic in spring; then curly garlic scapes once school lets out for summer and then finally into the sturdy bulbs we love to smash, slice and mince all year long.

Let me tell you about garlic in each growth form:

GREEN GARLIC is simply young garlic. It looks a lot like a leek or a green onion but has a sweet mellower flavor than your normal garlic clove. You can use the whole thing. As it grows, the bottom begins to round slowly becoming the bulb you are familiar with.

You want stalks that are fully green and fresh, not wilted. Yellow leaves are a signal the plant is close to becoming a bulb and stalks tend to be woodier. Sometimes you can find green garlic at farmer's markets thru May if you are lucky.

GARLIC SCAPES are formed after the green garlic has formed the bulbous bottom before the bulb is ready for harvest. The bulb sends out a long, thin, curly stalk from its center. That is the garlic scape. Scapes only grow on Hardneck varieties. Like green garlic they are tender and fully usable. They normally last the first few weeks of June.

GARLIC BULBS should be ready to be harvested July 4th, that is their magic day. At this point they should be full and covered with their papery skins and ready to be dug up. They will be juicy and full of moisture at this point as they have not been able to dry out yet. Make sure your bulbs feel firm and hefty for their size. Some clusters may be more open than others, thus making it easier to separate cloves.

BLACK GARLIC is a regular head of garlic that's caramelized by heat and humidity in a weeks-long fermentation process. The result? Sweet, soft, and yes, black cloves. You can make your own. There are instructions on the Internet.

Making Garlic Last

Green Garlic – loose plastic or mesh bags in crisper drawer so air can circulate up to 2 weeks

Freshly harvested bulbs – up to 2 months in pantry or dry spot out of direct sunlight.

Supermarket Garlic – up to 1 month or before green sprouts come out

Black Garlic – Store in refrigerator

Do not refrigerate garlic bulbs. Dry, room temperature is perfect out of direct sunlight.

Hope you have enjoyed this two part series on Garlic. Look for more interesting series to come.

Sheri Bethard – Orange County Master Gardeners



Homemade Garlic Spread

2 sticks unsalted butter, softened	1 tablespoon basil
5 garlic cloves	1 teaspoon salt
1/2 c. parmesan cheese, grated	1 teaspoon pepper
2 tablespoon fresh oregano	Italian or French Bread for spreading

In a food processor, pulse to mince the garlic, oregano, and basil. Add the butter, cheese, salt and pepper and blend until smoothed together. Spread on desired bread and place in a preheat oven on 350 degrees for 12 minutes and enjoy. Store in refrigerator.

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.



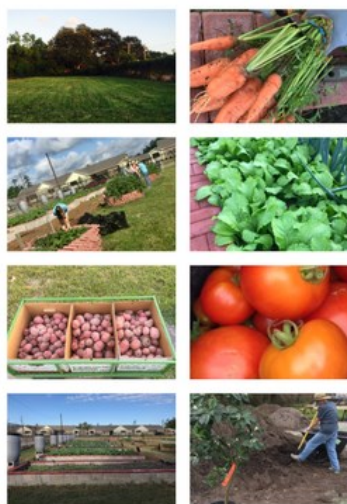
Call or stop by the AgriLife Extension Office

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-Friday 882-7010 and leave a message for the Master Gardener .



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!

4-H/Youth Development



November 26th

Lamb, Goat & Swine Show ENTRY
Deadline

OPEN TO ALL COUNTIES...

SAVE THE DATE

Southeast Texas 🍀 Livestock Extravaganza

Saturday, December 1, 2018

Trinity Valley Exposition Fairgrounds
321 Wallisville Rd - Liberty, TX 77575

TEXAS A&M
AGRI LIFE
EXTENSION

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, Oct. 2nd @ 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

1st Tuesday, October 2nd
6pm-8pm @ 4-H Office
Chesley Walters 409-781-0946
Tommy Byers 409-216-9865

Mighty Pirates 4-H

2nd Tuesday, Oct. 9th @ 7 pm,
Vidor Junior High Cafeteria
Tammy Glawson 409-474-2811
Franny Woods 409-330-7024

Boots & Bridles 4-H Horse Club

3rd Monday, Oct. 15th
6 pm @ T2 Arena
Nicole Kepley 409-779-5521

All Hearts 4-H Homeschool Club

3rd Monday, Oct. 15th
1 pm @ 4-H Office
Kristen Hay 409-474-9666
Tammy Swindell 409-239-6026

County Council

4th Monday, Oct. 22nd @ 4-H Office
6:30 pm

My 4H project

Recordbook

1st Tuesday, Oct. 2nd
6 pm @ 4-H Office

Livestock Judging

Meeting dates will vary
6 pm @ 4-H Office

Contact the 4-H office for dates

(Do not have to own an animal to participate)

Dog Project

2nd Monday, Oct 8th
6 pm Location TBA
2nd Thursday, Oct. 11th
6 pm @ 4-H Office Classroom
No Dogs

Food & Nutrition

3rd Tuesday, Oct. 16th
6 pm @ 4-H Office

Clothing & Textiles

4th Tuesday, Oct. 23rd
6 pm @ 4-H Office

Beginners Robotics

4th Thursday, Oct. 25th
6 pm @ 4-H Office

4-H/Youth Development

October 2018 4-H Calendar

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

November 2018 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 BLT Fall Festival
4 Daylight Savings Time Ends	5 Adult Leaders 6 pm	6 Recordbook 6pm Clay Busters 6pm Dusty Trails/ Clovers 6 pm	7	8 Dog Project 6 pm	9 Pecan Order Deadline Christmas Jr. Leadership Lab	10 Special Angels Rodeo Jr. Leadership Lab
11 Veterans Day	12 Veteran's Day Observed Office Closed	13 Mighty Pirates 6pm	14	15 Volunteer Appreciation Dinner Ft. Worth Entry Deadline	16	17
18	19 All Heart 1pm Boots & Bridle 6pm	20 Food & Nutrition. Must RSVP or no class	21	22 Happy Thanksgiving Office closed	23 Office Close	24
25	26 YMBL & Majors Entry Deadline	27 Clothing & Textiles 6 pm	28	29	30	

Agriculture/Natural Resources

Checklist for September, October, November

- ⇒ Begin preparing beds for fall planting.
- ⇒ Take soil samples from landscape beds and submit to Texas A&M AgriLife Extension Service Soil, Water and Forage Testing Laboratory analysis. Call the AgriLife office for more information or go online to soiltesting.tamu.edu.
- ⇒ Fall is a great time to plant hardy trees, shrubs, ground covers and vine.
- ⇒ Plant spring-flowering bulbs in your gardens from late October through early December. Exceptions are tulips and hyacinths, which must be refrigerated and planted in late December or early January.
- ⇒ Garden mums make a great addition for fall color. Check at your local retail garden center for availability.
- ⇒ Watch azalea plantings for early fall infestations of lace bugs. Control with acephate, horticultural oil sprays (bifenthrin, cyfluthrin or permethrin) and other recommended insecticides.
- ⇒ Build a compost pile out of leaves, grass clippings and remains from your vegetable garden.
- ⇒ September is a good time to divide and transplant Louisiana irises, if you need to. Fertilize your irises in October.
- ⇒ Many of the summer-blooming perennials are finished or finishing up their floral display for the year. Cut back the flower stalks and old faded flowers to keep the plants looking attractive.
- ⇒ October weather can be dry. Water plantings as needed. Pay special attention to any newly planted areas. It generally is best to water direct-seeded beds of flowers or vegetables lightly every day to make sure the seeds do not dry out.
- ⇒ Prune everblooming roses by early September.
- ⇒ Fall is an excellent time to plant many herbs in the garden. A few herb plants provide a lot of harvest, so don't plant more than you can use. Herbs to plant now include parsley, sage, thyme, dill, cilantro, rosemary, oregano, borage, fennel, nasturtium, French tarragon, chives, mint and catnip.
- ⇒ Trees that provide good to excellent fall color in Louisiana include bald cypress, Nuttall oak, Shumard oak, cherry bark oak, flowering pear, Chinese pistachio, ginkgo, Japanese maple, sweet gum, sumac, red maple, Southern sugar maple and hickory.



**EAT LESS
FROM A BOX
AND MORE FROM
THE EARTH.**



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#LIVELOVENOURISH

Family & Community Health



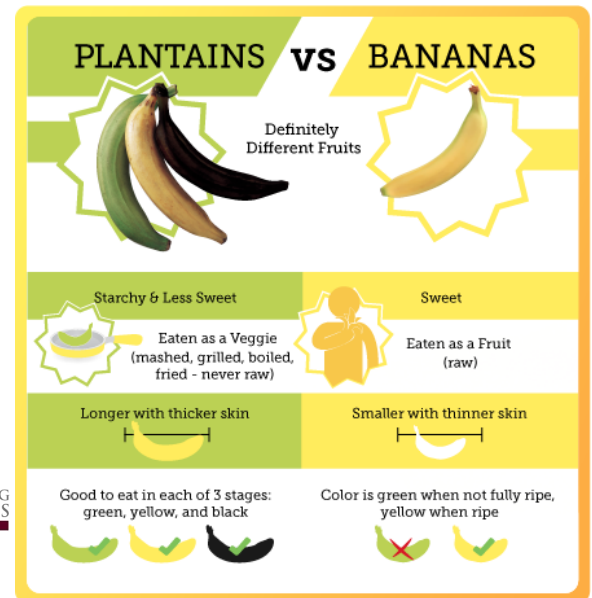
If you're among the many who wonder about the differences between organic and conventional (regular) milk, we have the information you're seeking.

Milk is labeled as organic if the animal is fed a diet of strictly organic feed and is allowed sufficient grazing time. Also, the organic label applies when the animal has not been treated with hormones or medications. Finally, if the milk produced by the animal is in accord with the standards set by the USDA's National Organic Program, it will carry the organic label.

Organic and regular milk have the same nutrient content. Unless you're concerned about consuming growth hormones found in regular milk, there is really no need to pay the extra cost for organic milk.

One of the questions we've been asked is if there is a difference between bananas and plantains. Well, simply put, there are many similarities, but there are differences too! Bananas and plantains are good sources of vitamins C, B, and potassium. Plantains also provide us with vitamin A and are an excellent source of carbohydrates (starch).

While bananas are eaten fresh and used in a variety of ways (i.e. salads, cereals, desserts, and breads), plantains are cooked before use and are usually baked, fried, or grilled. Bananas have a sweeter flavor than plantains which have a starchier flavor.



Pocket Fruit Pies



- 4 flour tortillas (8 inch)
- 2 peaches, pears, or apples (medium)
- 1/4 teaspoon cinnamon (ground)
- 6 teaspoons brown sugar, packed
- 1/8 teaspoon nutmeg (ground)
- 2 tablespoons milk (fat-free)
- Sugar, optional

1. Warm tortillas in microwave or oven to make them easier to handle.
2. Peel and chop fruit into pieces.
3. Place 1/4 of the fruit on half of each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas, starting at the end with the fruits.
6. Place on an un-greased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Bake at 350 degree in oven for 8-12 minutes or until lightly brown.
8. Serve warm

Nutrition Information: 1 prepared fruit pie, 1/4 of recipe . Calories 281, Total fat 1 g, Cholesterol 0mg, Sodium 330 mg, Total Carbs 41g, Dietary Fiber 3g, Total Sugars 14g, Added Sugars include 6g, Protein 5g, Calcium 87mg, Iron 2mg, Potassium 244mg.

Family & Community Health



To find the next Certified Food Manager or Food Handler class in your area, go to our website:

<http://foodsafety.tamu.edu> or visit us on Facebook
www.facebook.com/foodprotectionmanagement



Molds - What Are They?

Molds by definition are microscopic fungi that live on plant and/or animal matter. Molds are often characterized by stalks rising above the foods or fuzzy things on the surface of the foods. Molds have branches and roots that grow in foods, not just on the surface. Many molds produce spores which can be transported by air, water, or insects and give the mold its color.

Are Molds Dangerous?

Yes, some are! Some can cause allergic reactions and respiratory issues. Other molds if given the right conditions can produce mycotoxins or poisonous substances that make a person sick.

What Can You Do To Help Minimize Mold Growth?

- Clean, clean, clean! Clean the inside of the refrigerator, surfaces, and utensils often.
- Try to keep humidity level below 40% in the kitchen.
- Don't buy moldy foods.
- When serving food, keep it covered to prevent exposure to mold spores in the air. To keep foods moist, use plastic wrap to cover the foods — fresh or cut fruits and vegetables and green, and mixed salads.
- Empty opened cans of perishable foods into clean storage containers and refrigerate promptly.
- Don't leave perishables out of the refrigerator.
- Use leftovers within 3 to 4 days, so mold does not have a chance to grow.

Food found to have mold on it should be removed, discarded, and clean the area where the food was stored. Check items nearby for signs of mold growth as mold can spread quickly.

Source: https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/molds-on-food-are-they-dangerous/_ct_index

Article by Rebecca Dittmar



TEXAS A&M
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Agriculture/Natural Resources

Improving Agricultural Production in
Southeast Texas

TEXAS A&M
AGRI LIFE
EXTENSION

Southeast Texas Beef Symposium and Trade Show

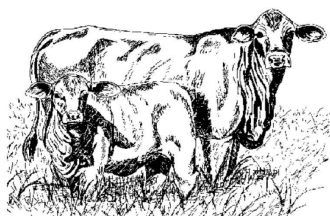
October 30, 2018

\$20 Pre register by Oct. 23rd

\$30 Late Registration

4 Possible Pesticide CEUs

- **Free Hay and Soil Analysis**
- **See back for details**



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, The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

**Holiday Inn
3950 I-10 South
(at Walden Rd)
Beaumont, TX**

Provided by a collaboration of the
Texas A&M AgriLife Extension
Service in Chambers, Hardin,
Jefferson, Liberty, Orange and San
Jacinto Counties

For more information contact the
Texas A&M AgriLife Extension
Service in Jefferson County
1225 Pearl St, Suite 200
Beaumont, TX 77701-3642
409-835-8461

Southeast Texas Beef Symposium and Trade Show Participant Reminders

1. The Southeast Texas Beef Symposium will be held at the Holiday Inn in Beaumont, TX at the corner of I-10 South and Walden Rd. The address is 3950 I-10 South, Beaumont, TX 77705. The hotel's phone number is (409) 842-5995.
2. A final program will be available at check in and will provide more details on sessions, room locations and final times. Please refer to that program during the event as all times and information listed here is tentative.
3. Refreshments will be provided during the Symposium.
4. Breakout sessions will last approximately one hour with each speaker presenting for 30 minutes on their slated topic. Each session is limited to the first 45 people.
5. The Trade Show and vendor booths will be available for viewing during the optional pre-conference sessions and all breaks including dinner. We encourage you to take the time to visit with vendors and learn about the products and services that they offer.
6. All attendees wishing to get credit for CEUs must sign in at the beginning of the session that they attend. Certificates will be given out at the end of the session, attendees must be in the session the entire time in order to receive credit.
7. Registration is \$20 per person before October 23rd. Late registration is \$30 at the door. We encourage people to preregister to guarantee enough food.
8. Attendees may bring hay samples to be sent off for free analysis. Also, one free soil sample per person will be sent off.

Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact the Jefferson County Extension Office at (409) 835-8461 five working days prior to the meeting so appropriate arrangements can be made.

TEXAS A&M
AGRI LIFE
EXTENSION

Southeast Texas Beef Symposium

Youth Tract

October 30, 2018

8:00am Registration

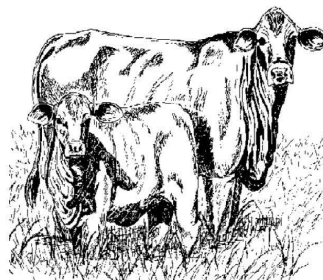
Topics

- **A Systems Approach to Anatomy and Physiology-**
Drs. Marcy Beverly and Stanley Kelly
- **Wildlife Management: Antler Scoring**
Ms. Madison McCluskey
- **Reproductive Technologies-**
Dr. Kyle Stutts

Program Ends with Pizza Lunch Around noon

Please RSVP number of youth to

tsfitzgerald@ag.tamu.edu



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**Holiday Inn
3950 I-10 South
(at Walden Rd)
Beaumont, TX**

Provided by a collaboration of the
Texas A&M AgriLife Extension
Service in Chambers, Hardin,
Jefferson, Liberty, Orange and San
Jacinto Counties

Family & Community Health

Pumpkin Crunch Cake

Serves 12



1 can 15 ounces pumpkin puree
1 can 12 ounces evaporated milk
4 eggs
1 1/2 cup sugar
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon ground ginger
Pinch of cloves

1 teaspoon salt
1 box yellow cake
1 cup chopped pecans
1 cup butter melted

1. Preheat oven to 350 degrees. Spray a 9x13 baking dish with non-stick spray.
2. In a large bowl, beat together the pumpkin, milk, eggs, sugar and spices until well combined. Pour into the prepared baking dish.
3. Sprinkle top with yellow cake mix.
4. Sprinkle with the chopped pecans.
5. Pour the melted butter evenly over the top of the cake.
6. Bake for 60-70 minutes or until the top is lightly browned and the custard is set.
7. Serve warm or cold. Store in the refrigerator.

Nutrition Facts: 530 Calories, Total Fat 27g, Saturated Fat 13g, Cholesterol 102mg, Sodium 407mg, Total Carbs 68g, Dietary Fibers 3g, Sugars 48g, Protein 7g.

Bunsinmyoven.com



2 Ingredients Low Carb Chips

4 egg whites

Approximately 1/2 cup shredded cheddar cheese (or cheese of your choice)

Seasoning to taste (optional)



1. Preheat oven to 400 degrees.
2. Grease a mini muffin pan REALLY well with vegetable or olive oil.
3. Separate 4 egg whites and seasoning of choice into a bowl and whisk well. I just add a pinch of garlic salt and black pepper, and sometimes rosemary!
4. Spoon about 1/2 tablespoon of your egg white mixture into each muffin compartment (just until you have a very thin layer covering the bottom). If you use a muffin pan with 24 slots, 3-4 egg whites fill them perfectly. Keep in mind, the thinner you cover the bottom, the crisper your chips will be. If you make it too thick, your chips will only be crispy on the rim, but still really tasty!
5. Top each one with a pinch of shredded cheddar cheese. When done, use a small spatula to make sure none of the cheese is touching the edges for easier clean up. The cheese tends to stick to the sides a bit. The silicone muffin tins are much easier to clean.
6. Bake for 10-20 minutes or until the edges have browned. Your baking time will depend on how thick your egg mixture is.
7. Use a small spatula to remove the chips from the pan. Eat immediately and enjoy!

listotic.com

Agriculture/Natural Resources



Poisonous Plants to Pets



As fall approaches, we start thinking about the need to bring our precious plants inside for the cooler times of the year. For those of you who do not have the pleasure of having a greenhouse to put your plants in, you have to move them into your home. And in this day and time most everyone has a pet of some kind, mostly a dog or cat or more. So, I thought I would share with you those plants, which are not safe for your pet. You need to be aware of possible symptoms in the event you notice them acting strange one day. It could be they got into one of your plants.

These are some of the most common plants, which are poisonous to your pet:

Aloe Vera	Amaryllis	Arrow-Head Ivy
Azalea	Baby's Breath	Begonia
Carnations	Castor Bean	Chrysanthemum
Coleus	Corn Plant	Cyclamen
Daffodil	Devil's Ivy/Pothos	Dieffenbachia
Dracaena	English Ivy	Gladiola
Hosta Jade	Lillies Milkweed	Morning Glory
Oleander	Pencil Cactus	Philodendron
Poinsettia	Sago Palm	Tomato Plant
Tulip	Weeping Fig	Yew

Symptoms from ingesting most all the above plants are: Vomiting, diarrhea, excessive drooling/hypersalivation, and depression. Some of the plants listed above can cause difficulty in breathing/swallowing and seizures/central nervous system problems leading to paralysis, kidney failure, anorexia, abdominal pain, kidney/liver failure, coma, incoordination, muscle tremors, possible death from cardiac failure.

So, know your plants and what is safe for your pets and **have your veterinarian's day and emergency telephone number** handy in case your pet happens to get ahold of one of these plants.



Sheri Bethard, Orange County Master Gardeners Association

15 Minute Garlic Fried Noodles

8 oz thin rice noodles

2 tablespoons of butter or peanut oil or sesame oil

6 cloves of garlic minced

2 tablespoons coconut sugar

3 tablespoons soy sauce or tamari



1. Soak rice noodles in almost boiling water for 4 minutes until al dente. Drain then rinse with cold water to stop cooking and set aside.
2. Meanwhile, melt butter in a large skillet on medium to high heat. Add scallions and garlic and sauté for 1-2 minutes until garlic is fragrant.
3. Add coconut sugar and mix in until it's all incorporated. Add soy sauce and let simmer together for 1 minute.
4. Add noodles and continue to cook for 5-7 minutes until noodles have fried and absorbed the sauce.
5. Plate, garnish with additional scallions, and serve!

servedfromscratch.com

11 Best Smelling Plants for your Yard

- ◆ Daphne
- ◆ Wisteria
- ◆ Honeysuckle
- ◆ Hyacinths
- ◆ Rose
- ◆ Gardenias



- ◆ Freesia
- ◆ Jasmine
- ◆ Magnolia
- ◆ Lilac Bush
- ◆ Peon



sunnyhomecreations.com

Basic Tomato Sauce

Makes 6 Servings

2 tablespoons vegetable oil
1 onion, (medium, chopped)
3 clove garlic (chopped)
1 pound fresh tomatoes (seeds removed and chopped)
1 tablespoon dried basil (oregano, or Italian seasoning if you like)
1/2 teaspoon black pepper
1/4 teaspoon salt
1 teaspoon sugar
3 tablespoons tomato paste



Heat oil in large skillet over medium heat. Add the onion and cook until soft. Stir in garlic and cook 1 minute. Stir in tomato, black pepper, salt, and sugar. If using basil, oregano, or Italian seasoning, add that too. Cook 15 minutes. Stir in tomato paste and cook another 15 to 20 minutes

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